

# Hatha - I.

A cosmology at dawn

Created in analogue to a website of the author with the same name under the domain Brangassivo.de. This book is a reflection of its contents.

Please note that the texts contained herein have not been specially adapted to the format of a book prior to publication.

## A postulate

While we sat there reading, time passed and the things around us changed significantly. What happened seems so strange to us. We would not be able to classify it at first. What else could have caused it other than our actual independence from such events? The interplay of the things that have happened to us in this life gives it a very special touch. We live our lives in sync with everything we have experienced. We also evaluate in detail what we are allowed to experience in the process. At some point, we came to our first conclusions and wrote them down. That meant something to us. In this way, we were able to realise ourselves.

# Hatha

## A cosmology at dawn

### Thought

### Preservation

Something urges us on. With all their might, things bring about the events of this world. A world in which the accelerated progress of things inevitably leads to a deterioration of the whole needs people who know how to exercise restraint. So we paused and sought a simple path for ourselves. At times, we also resisted slightly when things changed. What happens on its own requires our full attention. We realised that we can only react incorrectly when things change. This world exerts a pull. Those who do not remain independent of this world become entangled in its peculiarities. Then they will be biased. This will hinder them. Thus, their works must fail. So what good can one hope for from such activity? We let it be.

Things need time to turn out well. That is why we accept things as they are. This makes something true. We leave everything as it is and acknowledge what we know about it. We also make this concession to our fellow human beings.

Unfortunately, there is no guarantee that everything will remain as it is. We must do something ourselves to ensure that what we have and what we are familiar with stays that way. We want to preserve it as we know it and not suffer any loss. Without our desire for uplifting moments in this existence, they would not arise. So we have reinforced this idea and found it good, which happens of its own accord.

### Documentation

### Reinforcement

Subliminal signals are often not well recognised. They are neither taken into account nor noticed. They are simply ignored.

People place a lot of importance on their knowledge. They believe that their reality and reality are compatible with each other. In order to stand out, some people even claim that they can think objectively. In doing so, they crown themselves. Any remaining shred of reason is crushed by this.

People make their own experiences. As soon as the world reveals itself in a different way than they expected, these people change their minds. They behave in accordance with what has happened, but they do not internalise the unity of their person in the process. Everything about them drifts apart. The world cannot be relied upon.

People's own powers fail them. Whatever they believe, it has always seemed impossible for them to preserve what they have been. Their words fall apart. They form no structure. Instead, the fabric of their thoughts appears as if they themselves had formed it. What they have said suggests this.

People are quick to declare the obvious to be unimportant. Yet it will be the only thing they can recognise correctly.

We make something of such considerations. We realise that we are independent of these people. Their path and our path have been incompatible.

If we increase the pressure on our fellow human beings, it causes some of them annoyance. Their loose behaviour has weakened them in essential respects. Their integrity has not been preserved. As a result, they have to defend themselves as soon as they are asked how they perceived things. Basically, they neglected everything and achieved nothing. What they have achieved, however, is that we have distanced ourselves from them. Every further sentence spoken by these people on the matter lacks logic. It is a bad sign that they claim the right to continue talking and take up space for themselves. When we resist, they suddenly become quick-witted, but they have only thought of their own advantage. As a result, we either leave the field to them or get into an argument with them. At the same time, they dismiss our words and say a lot about what we have misunderstood. There is so little to be gained this way. We have achieved nothing. So we refrain from dealing with these fellows. Their night is just as dark as ours. Only their light seems to shine brighter. It radiates its splendour in bright colours.

### **Impulse**

Mistakes are made because it is convenient.

### **Impulse**

Language is the key to human nature. Concepts are landmarks in this realm.

### **Impulse**

## **Unity**

Human beings need an atmosphere that suits their disposition. So we first ensure that we have sufficient light.

Disturbances occur frequently in this existence. That has been my experience. So I have learned to protect myself.

Significant disturbances can be recognised in the course of a person's actions. Removing them would be a good goal. To do this, they must be eliminated. Encouragement and affirmation can, in some situations, relieve a person from the torment of a difficult fate.

The words our fellow human beings say to us also testify to disturbances. First and foremost, we perceive the polar reversals in their statements as falsehoods

. But even the word itself can be used at the wrong time. Then the mistake will be absolute. It will hardly be possible to free people from what they do. After all, every person is convinced of the correctness of their actions.

To protect ourselves from erroneous assumptions, we have identified a few fundamental principles that we would like to adhere to. They represent our integrity and rigour and are important to us.

- We reject the division of our attention and reflect on the unity of what we perceive.
- We do not tolerate temporary missteps, but reflect on ourselves and the good that has existed on its own.
- We act in accordance with our feelings, have thoughts and speak first and foremost about our existence, about life as human beings.
- We have by no means ignored our own needs, but rather realised them.

This is how we find our way, this is how we experience happiness.

Life itself should serve as an example of what we want to talk about. We consider Tantra to be the path and yoga to be the state of this life. This is how we organise things in this existence and recognise them as an interwoven whole.

The interconnections between phenomena indicate that the relationships in this web extend from the inside to the inside. They therefore do not require any additional space.

We have thought something. The idea of the divine that we have formed is, for us, the idea of a cause. In doing so, we have acknowledged causality as a natural phenomenon. It represents an important link between humans and their reason. What we have seen has also appeared.

The effects we have experienced throughout our lives have occurred as they have been.

We recognise that they corresponded to a cause that we must first recognise before we can understand anything.

We bring calm into our lives and refrain from changing anything. Stirring the soup excessively has not helped. It would spoil it. When people reflect on their situation, they find peace and gain clarity. When a person's mind flourishes, they become more and more in control of their situation. We have defied all hostility and, first and foremost, realised the good that we already know. In doing so, we have asserted our starting position.

Our existence is a life as human beings. We are endowed with an origin. What the future holds for us is already relevant to us now, because only what has been preserved can be good.

## **Documentation**

### **The zero**

Admittedly, I originally created my own goods out of joy at the existence of existing things. I sat on the floor in my room and painted. But at that point, I had already suffered personal losses in several respects.

My own defiant reaction seemed like a counterforce to my fate. I couldn't do anything and knew nothing, but I created something anyway. That's how my early work came about. It is connected to many impressions that are still woven into my actions today.

### **Impulse**

We receive the good that has emanated from us by acknowledging it. What we have set ourselves has been imagined by us. In addition to this, spontaneous manifestations of reality have always occurred.

We have taken note of this and made some notes. Over time, our own areas of knowledge have been completed in this way. What is already known today is enduring. But it remains an approximation of the truth. It has only ever achieved it to a limited extent. Only the Absolute will be whole and complete.

We have oriented ourselves towards statements that were not relativistic. In our creative work, we assume that there is something close to us that we only need to pick up and take into account in order for our work to have meaning.

## **Documentation**

The plastic reproduction of words is my hobbyhorse. As a human being, I have access to myself via the interface of haptic perception. Particularly noteworthy here is the aspect of inner haptics, the sense of feeling with one's emotions. I generally assume that human beings can read something from their deep reflexes that should be called true. After all, this refers to themselves.

## **Documentation**

### **Reduction**

The present action drives the things that are important to us. It is incumbent upon us to always work for the advancement of good. We make no compromises in this regard. Instead, we reduce the influences and distractions in this existence that have inhibited and blocked us.

We know that attention is a currency these days. What is noticed rises to the surface. It appears there and becomes true. In a benignly constructed world, there are only benignly formed things. Anything additional to this will be null and void.

## Documentation

### Recognising the inner path

We have not determined for ourselves what defines us as human beings. Only in the course of purification can we experience the consecration of a higher existence. To this end, we standardise our own behaviour and, at best, benefit from this approach. The religions of this world provide such an approach in accordance with their character. Taken together, religions offer us humans a spectrum of possibilities for experiencing purification. None of these institutions has claimed to be the only religion.

As an individual and a human being, I need access to the important things that define me. I can hardly renounce those things that seem significant to me in this existence.

I have recognised the inner path as something that needs to be confirmed. Where there is light, light should also be seen. Where there will be shadows, they shape me equally. The inner elevation of the significance of the perceptible through my subjective view of the whole conveys something to me. In doing so, I have explored my possibilities. I explore my limitations, the thresholds on my path into the world. What belongs to me should also remain with me.

Proclamations of truth are not truth. They are merely proclamations by people who think highly of their ideas or even appear obsessed with them.

Everyone decides for themselves what they want to believe.

## Thought

### On sitting

Sitting and being human are complementary states that go well together.

A person has taken something upon themselves and sat down. This changes their habitus. We are all adapted to our posture. We find ourselves in it. Thanks to it, our own image comes together and we perceive our own vision.

We have identified with the vision that has emerged from within ourselves again and again for a long time. Something has happened within us. It has become apparent that it is good to behave in a manner that is congruent with ourselves.

We would not adapt to anything other than our own posture. It has also meant something to us. We pay attention to where we are because we are here.

Some places have been good for us. We seek out such auspicious places again. We go there with the right attitude.

There are places where it's great to do somersaults. But we are also interested in quiet places. Anyone who thinks highly of themselves is content with what makes them who they are.

## **Thought**

### **The marble game**

Human beings and their existence are somewhat like marbles that are played with. Such a marble will also behave like one. It will roll when thrown, and it will bounce when it hits another object.

Human existence and the marble are connected by a physicality that cannot be distinguished from one another. We fall into all the holes. We bounce off everything. Sometimes life throws us against the wall and sometimes we get lost.

## **Impulse**

### **The self-determined life**

Those who sacrifice their existence to be available to others should not be surprised when they are treated as pawns.

A place of horror must be left as quickly as possible – and in good health.

## **Impulse**

### **Think loudly, read quietly**

I already had an idea when I started to go my own way and accomplish my works. The worst possible situation is the current one, and I don't want to leave what I found as it is. That is my basic assumption. It will be my motivation that has pushed me to accept something and orient myself to how it is. As a human being, I always want to be reasonable, so I look within myself before I lose my way. I reflect on my virtues and pause to consider them.

I take the actual event that is currently relevant to me as the starting point for what is important to me at that moment. But instead of actively working to improve my circumstances, I ensure that they continue as they are. I allow what happens on its own, but I have not changed the essence of things in any practical way. I recognise that what exists on its own is valuable. In this way, I also preserve my own things. My state of mind therefore continues for a certain period of time. In this way, I have emphatically brought about my own things. The ability to perform these actions has stabilised my behaviour.

Some people sound like a trumpet. Then their words boom in our ears. We listened, but we also decided not to follow these people's example. We have not been that vehement. Our nature is a quiet one. Even our inner voice has been silent for quite some time.

We treat ourselves well. We listen to ourselves and find peace. We preserve our own good and do what is right.



This existence as a human being continues. What is, should also be true. We recognise the essence of things and their confirmation as a motive for our actions. This is how we behave. What has proven to be true will also be good for something.

## Thought

## Grid

The smallness of things arises naturally in the work. We do not need to search for it. We incorporate what corresponds to our nature into our writings. Then, once we have determined that it will be something good, we have rolled it out across the entire card index and brought the other texts to the same level.

This has created a mountain of tasks for us that will take quite some time to work through. Once we have done enough, we will stop. We don't want to overdo it.

These stages of activity can be seen as layers of processing. Even if the work remains as it is, we have revised it and made it more plausible. We have reflected on giving our own writings the touch of youth that has meant so much to us. Certainly, our language today has a different expressiveness than before, but its colouring has remained the same.

Our words have always retained the same clear connotation. It is by this that we are recognised.

Expressing our own views on this life has given us the strength to respond better to ourselves and to say something of true value about this existence. Our own writings have thus gained expressiveness. Thanks to this, something is coming to fruition for us in this existence. The things we have addressed in our texts are increasingly better understood. We have thus improved our ability to express ourselves and, with this skill, have also achieved something else.

We remember other times. There were moments when people confused us with their words and exerted a strong but negative influence on us. We were also treated harshly. Sometimes people shouted at us. Those were terrible moments. They led to distortions. The way we were treated had a negative impact on our own behaviour.

There is only one path that leads to good, but there are a multitude of misguided things that can also happen. We remembered this as soon as we were no longer sure of our own cause. It is easy to defy obvious hostility, but warding off the subtle squadron of strange influences gave us little pleasure. It is our duty to do so. We have also upheld it. Time and again, we have sat there and been struck by flashes of insight that have reminded us of what has already been done to us.

We have kept this in mind. We consider it necessary to remember the bad things in this existence, otherwise it will degenerate into an obsolete experience. If the true, good and right things in this world ever

, then everything has a certain share of it, even if it has been flimsily bad. This has made us reflect on our own existence. Our existence did not come about randomly. What we have experienced also has a part that we ourselves have determined. We will come to that at some point. But we are not there yet.

## **Documentation**

### **Life as Elsewhere**

Life in the present day, in the 21st century, resembles madness. The envy of the haves towards the have-nots is excessive. Social systems have long since ceased to allow for a good life; citizens are becoming disenfranchised and are granted a dignity that does not put bread on the table. A decision has been made to create a situation for individuals everywhere and in all circumstances that is like an otherworldly existence in other times.

I once expressed this opinion and was immediately reprimanded. No one here is suffering from hunger, I was told. Yet an entire generation of socially disadvantaged people is losing their health because a wide-meshed network of support is being provided, but it is a rather poorly constructed hammock for the victims of our fun-loving society. The circumstances of this world have certainly been completely different in other times. It will also not be possible to make a direct comparison with them. However, this outcry should make it clear that there is a loss of health among socially disadvantaged people. Misery can be found everywhere these days. It is probably also intentional.

But deliberate suffering is social exclusion. The fact that people are given stale bread to eat has not changed the situation, which is bad. Anyone who needs help these days has to bend over backwards to get it. But as a rule, they come away empty-handed.

## **Idea**

### **Laughter is pornography**

Those who have recognised the universal human being surely hold one of the keys to the truth of this existence in their hands.

## **Impulse**

Those who wish to be healthy should preserve the spontaneous element in their existence. In this way, we make what we believe in come true.

Human beings have the right to deny others something, even if it is only encouragement for their work, which they have denied them.

## **Documentation**

Pain is also a good feeling. It just happens. Sometimes it happens to us that something hurts. We feel this a thousand times over. When we are injured, our feelings have a tremendous effect on us.

Every person has their limits where they can safely prevent something from harming them.

## **Impulse**

## **Emphasis**

Thanks to the linguistic creations of my own hand, I learn lesson by lesson what I should say and what I should refrain from saying. I pick up on and name what is essential because my life has given me that opportunity. I have been able to put aside many things that were detrimental to me. With the duration of their existence, I have learned what I want to do for myself. I have preserved that. In this way, I have saved my things from premature decay. I have learned a lot in the process. Even the most insignificant lessons have revealed something about my nature that is worth mentioning. Over time, I have discovered what is objectively wrong with me. I have already eradicated some of it.

## **Thought**

Anyone who has wondered what it means to be human and how to live their life should reflect on the path they have already taken in this life.

Cobbler, stick to your last. Horseman, stick to your horse.

Every person has something that helps them to live a good life. We want to preserve that.

We preserve what is good for us as far as possible. Success will prove that our actions have been worthwhile.

We have now introduced a few of the variable magnitudes.

- Success as a characteristic of what is possible.
- The good as a reference point for preserving what we have.
- Human actions in their tangential connection to what already exists. These

thoroughly mathematical games should help us further. We name what we have recognised in the appropriate place and thus gain access to further and improved treatment.

Noble is the soul of man. His mind is used by it as a tool to obtain what we need in life.

We calculate precisely and regard the mind as the mediating level between soul and body.

What can be found in human beings is also embodied by them.

We are all committed to something that we have already recognised to a greater or lesser extent. We equate the things we know with our own experiences and allow ourselves to explain how something has affected us. This has resulted in the writings

that can be found here and elsewhere. These works are intended for self-study and are not used for any other purpose.

It is important to empower people. They should receive the gift that enables them to cope with this existence.

Everything else will follow once people have learned that it is good to hold on to what is familiar and to learn from the lessons that their own existence as human beings has taught them.

Assigning an input to an existing construct of thoughts and ideas will not be an easy task, but it is necessary. Those who have set out to survive in this world must also deal with their life in it.

## **Idea**

### **Approaches**

Here and now, for a brief moment, there is a slot in time and space to reflect for a moment on one's own good in this world.

Once we have withdrawn into ourselves, we will also go through a phase of reflection on the next three hours.

We can just about manage this voluntarily chosen period of time without it sapping our strength. We will emphatically engage with ourselves and shape our existence in the world as human beings in the way we want to. In doing so, we will live up to our own expectations of ourselves. Whatever we wanted before will become irrelevant as soon as we recognise something better for ourselves, especially if it is easier to achieve.

## **Idea**

In addition to our organs, we humans also have control circuits that we can temporarily activate and pay attention to when relevant to the situation at hand. We leave these control circuits alone. This allows us to exist without placing excessive strain on ourselves.

We stop hurting ourselves. In doing so, we recognise ourselves as integral beings in this existence.

The universal human being and we, the integral beings, have in common that we are embodiments of an idea that we have observed and realised in our existence in unity with ourselves.

## **Impulse**

I am suspicious of anyone who has not shown themselves to be responsible.

## **Thought**

The essence of human beings is sometimes unfolded and sometimes folded. Sometimes we are folded up and put in our place. What happens then is considered right by people. They are happy about it.

## **Impulse**

A person's actions can be recognised. What they have done should be judged by their deeds. The impulse that emanates from us should be right.

## **Impulse**

## **The intersection**

We have made three basic assumptions in order to find our way in this existence.

- The world is good. It will be so, even though its nature has sometimes been beautiful and sometimes terrible.
- People are good. They will be so, whether we liked them or not.
- All people are equal to one another. This will be the true relationship for a good life.

From this position, we have a perspective on this existence that can be called true. The face of things is real.

## **Impulse**

## **Illusion**

The true and the untrue together make up the whole light of this world. Only the whole of what we know constitutes what we must understand as the conditionality of our existence. As long as we neglect the fact that we are also subject to deception, we will not experience truth. Everything will be finite except for the temporary aspect of events. The passing of things is law. This results in the necessity for renewal.

We have dealt with such thoughts. In this existence, we need a basis, a foundation that makes something clear to us so that we can justifiably determine that we are who we are. For this, we accept the whole or nothing. Half measures, on the other hand, unsettle our minds because we would not know what to do with what they have told us. We have looked at this.

We have completed our own paths and have arrived where we truly are now. The fact that, alongside the good, there is also bad, and alongside what is right, there is also wrong, has not been pleasant, but it is true. That is our starting point. From here, we now want to persevere. That is why we have left everything as it is and chosen something of our own that we like. We are making that a reality. We do not need anything else for ourselves. We have left everything distant behind. On the other hand, we are happy to deal with what has come close to us. What we have also not done is to distort the edge of the world. What gives the mind its clarity is its reason, but this is only sufficient to a limited extent to do something well. Whenever we have taken on too much, we eventually break down. We experience our existence in phases. They make up a person's life, but also their light.

We let things take their course. Excessive correction of the given only leads to distortions. We leave that alone. Otherwise, the events of a lifetime would exhaust us. We do not want that to happen and have therefore put a stop to it. We too need our peace. That is where we recognise ourselves as a unity.

## **Thought**

### **Knit by knit**

Those who have accepted their thoughts as they appear have freed the basis for their actions from the evil of confusion. They will not perish and they can survive. They must learn this, but success bears fruit. What life has brought would not be wrong.

We are simplifying our approach more and more. We love to live. That makes a difference. With us, good things come true. What we have left behind, however, is other people's homework. They will only be able to master their lessons when they have recognised them themselves.

We have experienced the same situation. The advantage that other people have over us is economic, but also social. That is where we set our focus and continue our education. We will continue to do what we have been doing as long as it brings positive results.

People have always been eccentric when they have achieved something that was not their responsibility. We did not teach them and did nothing to help them find their way. Everyone has enough to do with themselves.

Meanwhile, life has been indispensable and has demanded a lot from us. So we did the same and demanded something from our existence. We achieved what we wanted. We looked for a way to do it and found something that made it possible. Those who do not take themselves seriously are ignored by everyone.

We are getting back on our feet. We stand by each other. We remain silent when we are attacked. This is how we gather our strength. We act sensibly and thus draw courage to understand this world.

## **Impulse**

### **Needs**

Assuming that human beings have reason and are presented with the opportunity to use it, then they should preserve their needs. We humans need this. What we have wished for is also the basis of hope.

Believing in oneself is normal. Those who have built themselves up have already taken the first steps towards realising their potential.

Expecting the impossible from ourselves leads us to the brink of disaster. We have rightly renounced everything that did not originate from us. This is not a loss

loss, but freed us from parasitic energies. We no longer responded to them. We focused our attention and recognised what was good, true and right. With the verve of castaways, we set about preserving what defines us in this existence.

## **Idea**

### **The healthy zero**

Whatever is expected of us, we humans have something to achieve. Every day we get up and enter into this competition. We intend to maintain the prevailing peace. That is why we fulfil our tasks. We have already committed ourselves to what defines us. The conditions apply, we make the good come true. This is how we preserve events.

## **Thought**

### **Spontaneity**

Reality is creation. There is no need to leave out reality. Everything that exists is necessarily as it appears. People must recognise for themselves what needs to be done and what is better left undone.

We create a work. We must provide ourselves with the tools we need. Some of them we even have to make ourselves. The work wants to be created, but what it looks like is up to us.

We know one thing. No human being has ever succeeded without talent. That is why we realise what we know in our own way. In doing so, we have remained independent of others. We do not need to do anything for this. It has simply turned out that way.

We have decided to take what is close to us seriously. It is of great value to us. This realisation has shaped us. At the very least, we take it for granted that we work on a loom or weave a cloth on such a loom. To do this, we set up everything we need.

This was not meant symbolically. However, it may also be understood that way. We did not shy away from leaving people what was theirs. We picked up an object and did something with it. We did not simply accomplish the work. We did a lot to make it succeed.

Our own actions have an effect on us. This stimulated our minds. At times, we passed through the gateway of consciousness and experienced special mental states. We moved confidently through the labyrinth of thoughts. From this, we deduce how we are doing.

We have realised something. The loom has been part of human culture since the Stone Age. We do not want to fall below this level. We organise our things and put them in the right order. We should know how to handle objects. We are aware of this. We remember well what we

have done. This matter is close to our hearts. We want to keep our lives orderly. It is also true that, in simple terms, we have focused on the same thing over and over again. We follow an unabridged path and always stay in the same places.

We live our lives as human beings. We have spent them in harmony. This harmony is also reflected in our work. Something emanates from it that can be seen in our works.

We believed in something. The laws of this world aim to restore things to their harmonious state. In this way, we realise what we have known. We bring into being something that already existed.

Human labour has not led to any empowerment of humans, but it has enabled them to live a better life. Those who have made their goods available to other people would do well to produce things that are compatible. Then everything will be as it should be, if their works have been well suited to what people need for themselves.

We hereby show how things are for us. That is how we imagine them to be. We have also created something. In doing so, we deliberately channel our excess energy into our environment. We divide our own energies when we create our work. In doing so, we do something good. At best, this has resulted in something that will be beautiful to look at. Sometimes something like this will be useful.

Sometimes we also assume that our behaviour at work has a certain charisma. What we have done is right if others can achieve the same thing. For this reason, we have toned down our idiosyncrasies to such an extent that we appear pleasant and acceptable to other people. We act in a simple way so that we are easy to understand, and we do our own things in such a way that something happens that we also like.

This is how we accomplish our tasks. We benefit from this. It is good that everything happens this way. After all, we are also concerned with our quality of life. It is important to assert ourselves in this world. To do this, we need a place for ourselves where we can be. The space we have created for our work is sufficient for us to survive. We do not want to take up too much space.

What we have learned has value. We weave the good of it into the basket of gifts that we are currently making. It is intended to be passed on and bring happiness to our fellow human beings.

## **Intro**

## **Address**

Author and artist Mathias Schneider warmly welcomes you to his website, which features his own collection of writings on the subject of yoga. These writings have been compiled over many years. He created them to evaluate his own experiences in dealing with his passion for yoga and related disciplines. In addition to the texts, there are also several pictures to view that were created by Schneider in his workshop. He hopes you enjoy spending some time here and savouring these things as they are.



The care he has taken in compiling these writings is one of the characteristics that distinguish this work. This care has become a motivation for him.

He attaches great importance to grammatical structures that make sense and have meaning. The integration of the words used here into a text in the German language is also a reason for him to produce all this. Mathias Schneider believes that reading suitable texts triggers cognitive and mnemonic changes in people, which will shape the structure of consciousness.

He has placed his hope in this. He does something with words and therefore calls his work speech formation. Those who have something to say have understood many times more in the background.

## **Welcome, Welcome, Bienvenue**

### **Letter**

Dear Sir or Madam,

In this book, which is presented in the format of a freely designed wiki, Mathias Schneider, born in 1975 in Offenburg in the Ortenau region, a district in south-west Germany close to the French city of Strasbourg, would like to tell you something about how he has approached the rather extensive field of knowledge that is yoga. He would like to document the approaches he usually applies to their reading and thus show you how he has perceived these things. In some cases, he still recognises the ideas that were decisive for him in his youth when he first started out in this field. Some of them are still useful today.

However, Schneider will not show or explain any physical exercises here. That was not his intention in writing this book. He was not trained by anyone qualified to teach anything special that would be worth talking about more than is necessary. Others have already done that sufficiently. The author certainly could not have done it better than them.

The small work 'Hatha' has become very personal in places. It will therefore hardly be of equal use to every reader. However, anyone who has enjoyed reading and lingering here should feel free to engage with its contents. Anyone who wishes to explore the nature of the author's train of thought should be allowed to do so. Perhaps they will be able to compare their own thoughts with what has been written here. Such a comparison is a good way of thoroughly weighing up something that has been expressed in words. Engaging with the work and words of another person is likely to release something useful and fruitful for one's own understanding of such things as have already been published and discussed here on this page on yoga.

Mathias Schneider worked out these things and then prepared them linguistically in detail. He did this in order to clarify for himself the imagery of the world of ideas. He acquired the courage to do such a thing over time. He believed in the right of human beings to use their own goods to achieve participation

to participate in society. Shaping them and enabling oneself to achieve something should result from a human impulse that has provided many opportunities to recognise what is true and right, as it should be valid before us. He set to work with imagination and obtained the results of his linguistic creativity. In this way, he created something almost independent in terms of materials. His cause gained significance because he made it come true.

The 'Hatha' wiki is still being worked on by the author. What is the writer concerned with as he composes it? He has already thought that every human being has to find and give the answers to the questions of his life himself. We will hardly be able to influence what those questions are. But it should soon lead us back onto the right path, so that we deal with the valid questions of the present and have already learned something for our lives from the corresponding lessons. We should understand our own fate in order to have the basis for making the necessary decisions.

If the questions originate from us and the answers to them are neither scientifically sound nor religiously substantiated, and in no way correspond to local customs, then one can confidently speak of a statement from the realm of esotericism. Schneider regarded his written examination of yoga as such an esoteric text.

Especially for something that is not yet properly understood, there is an urgent need for individual approaches that do justice to human beings with their talents and simple minds. Such approaches should be relevant to a person's progress in their actual life situation. This applies equally to the author. The possibility of considering an improvement in the events of one's own existence and thinking about how to find and follow such a path is one of the main reasons for writing this text. It should be clear to the reader from the outset that Mathias Schneider is concerned with accepting the given as it has arisen for him. His behaviour determines his existence. However, this has also made it possible for him to accept what comes to mind. It was his idea that enabled him to understand who he is, what he has and what he can do for himself. He has formulated his thoughts on this and mentioned them in this text, among other places.

Thus, using his own existence as an example, the author has found an opportunity to write texts about yoga. What he presents must be something simple, because it should be accessible to the respective readership. Schneider is aware of this. On his own, he has created things here that are feasible for him. Some of them will seem unfamiliar to you, and quite rightly so. After all, every person knows their own life best. Some of what is written here may seem quite unconventional at first glance. His life and existence have continually led him to the approaches and perspectives presented here. He admits that some of them are unusual and peculiar.

These are fundamentally viable paths for him, resulting from his efforts. However, he has had to abandon them temporarily in order to continue to cope well with his life. For some time now, he has been trying to get by with his affairs, as he has already briefly outlined here, but he has not implemented all of this in his everyday life. Some things simply occur alternately and only renew themselves after they have been left alone for a while.

Here on this wiki, which he has developed over many years into a basic framework for his thoughts and ideas, the focus is now on the author's self-awareness, as he is able to see it. The key to his work is indeed his own aesthetic, which is contained in his works. He draws on his younger years, but his youth also found its way into his work as he was working on it. There are also some remarks here on those things that go hand in hand with meditation and the practice of devotion. What he has described has a certain influence on his way of life and has thus already given him some stability.

As a Christian, he finds the state of contemplation particularly beneficial. Schneider likes to compare the term with the Indian word samadhi. In both situations, it is about internalising perception in connection with the experience of deep peace. Assuming this and maintaining peace in the real situation of everyday life is said to lend a certain beauty to our existence. With that, he concludes this introductory letter and wishes you much enjoyment in reading this collection of texts on yoga and related topics. Yours sincerely

with kind regards

the author Mathias Schneider

# Info

## Thought

Despite my simple school education, I have tried to realise a little less of Kant and a little more of Brecht, because I liked it so much.

## Letter

### Cover letter

Dear reader,

Please do not expect too much from my perhaps somewhat clumsy attempts to describe yoga as I have come to know it. I am not an ascetic, a sadhu, a samnyasin, or an arhat. Nor have I elevated myself above other people.

Nevertheless, I would like to share something of my own experience with those who wish to read this text. There is certainly more to say about each of these things than I have done here, but I would be wary of adopting the tone of a teacher in an exaggerated manner. I would certainly not want to use such a tone. I have tried not to write anything terrible about my experiences with Hatha.

Of course, I still mention what got me started and what I still struggle with today as I continue on my path.

Over the course of my life, I have gained something thanks to my connection to yoga. Without a certain amount of prior knowledge of it, I would probably not have found my main theme, my own frequency, during my mechanical engineering studies. What happened then was a real stroke of luck for me.

What determines a person's own frequency? Knowledge of this type of resonance is based on insights that can be gained through meditation on the relevant topic of actual inner and outer movement. To do this, we should examine the rhythms that have structured us as human beings and acknowledge the significance of our physical characteristics for our lives. The characteristics of what has made us who we are indicate who we are and what is going on with us. These should be signs that signal to us what we need to do to come into harmony with ourselves.

As far as the work is concerned, it is an element of the 'building block'. This embodies a collection of my own writings, created in the style of a card index. The purpose of this is to allow me to be creative. In doing so, I can develop my language skills. I have high hopes for this project. After all, I would like to be a writer for a living one day. The elements of the 'building block' card index are also to be produced as books at some point.

I have a little hope that this will enable me to construct my own little world of thoughts and ideas. I write down something familiar to me in order to take note of it. In doing so, I am betting that

I will succeed in presenting the things of my existence in a finite and conclusive manner. Certain connections between the individual wikis already exist. However, you will have to find these for yourself when reading my writings. I could not possibly point out where they can be found. Otherwise, the text would appear illegible to some people. If necessary, explore the other wikis in my file. You may come across such cross-references. In the meantime, I would like to ask you to view my texts as a virtual 'wicker basket'. It is still a little unfinished, but some strands have already been woven together. Now I would like to refer you to the content in the 'type case' associated with the exhibition. It contains images and music of my own creation. These works have also been created in a thoroughly personal manner. The links to the overview pages of 'type case' and 'building block' can be found further up in the menu on the 'Hatha' website. You can also search directly on the internet for [\[mathias-schneider.com\]](http://mathias-schneider.com). I hope you enjoy reading this collection of writings and everything else. I remain in good spirits and full of hope

Yours sincerely, Mathias

Schneider

# Introduction

## **Impulse**

The first twelve numbers are more important than the last twelve.

## **Impulse**

## **A power**

First, we send a signal. We explain what is true and certain for us. In doing so, we have made our view clear. Everything else will depend on whether this signal has been recognised and correctly interpreted. There is no community with our fellow human beings. It would not come about without reason.

Meanwhile, this sign has also been a signal to ourselves. What happens has an effect on us. In this way, we demonstrate that our own experiences have not left us cold. What is relevant to us will most likely be irrelevant to others. Relying on one's environment has sometimes been a mistake. That is why we have not stated the value that things mean to us. We have kept such things to ourselves. We are independent of other people and decide on our own behaviour. We look within ourselves and are sufficient unto ourselves.

That should be the starting point for a good life.

## **Documentation**

## **Adhesions**

What other people have sometimes told me has not been feasible. In addition, people have been keen to comment on my existence.

They determined the value of my life and thus ruined all my chances. The fact that they phrased such things in a roundabout way did not make it any easier for me. For this reason, I do not believe a word people say.

But I immediately reverse that. I act on my thoughts right away. To do that, I need a positive form for what I want to say.

Suddenly, something else will happen. I believe every word people say. What's more, I give every word the same value. I measure it against the words that have been spoken.

In this way, I have not only clarified the behaviour of things, I have also manoeuvred myself into a position where I can act.

I need no further words for my cause.

In the next step, I examined the comments that people had made. Such comments describe people's views. They therefore also belong to the people. That is where they reveal their perspective.

In this context, my perspective is still missing. I need it in order to be able to catch up.

So I turn away from the commentators. I have left them behind.

In a few steps, I change my position and let go of what I can find. Sometimes it has all been so beautiful. Sometimes it is also true.

## **Thought**

### **The battlefield**

A country in the middle of other countries and spheres of influence has no choice but to uphold internal order. The currents it has to contend with are manifold.

Once you have identified your adversary, you must also acknowledge their opponents so that you do not stand alone. This has already led to many a lazy compromise. You agree to things that you neither need nor want, just so that you have something to fall back on when you have no control over the situation.

Experience teaches us many things. Nothing should come between us. What is important for this country should also be preserved by the people in this country. This is where unity among its inhabitants comes into play.

Sometimes, however, the powers that be like to stir up trouble in foreign lands. This brings hardship and destruction to the world. It is better to ward off war. It is entirely right to defend one's property and life. Once lasting peace prevails, people can recover. This ensures growth and prosperity.

The diligence of the people promotes peace because it creates value. In war, however, everything is lost. Nothing remains intact.

## **Thought**

Honesty is a necessity for me.

I live in Germany, a country in Europe. Europe and other parts of the world were severely affected by the two world wars. The losses were not only material in nature.

I do not believe that reconstruction has been fully completed. Nor do I believe that the social setbacks caused by the wars have had no effect on us.

One cannot be free from one's surroundings. Everything has its context. In my case, the context of my life is easy to define. Its boundaries lie between destruction and disruption. The Cold War was one such event, just as all the other losses testify to the devastating problems that are present today.

Species extinction is still ongoing. Similarly, it does little to reassure me that nations are bristling with weapons.

I usually keep quiet about such things, but I do notice them. If there are more wars, reconstruction will soon no longer be worthwhile.

## **Thought**

Knowledge has often been more fiction than fact. It is acquired by chance and is only of limited duration. Without limiting the scope of one's knowledge, it would be impossible to say anything about the nature of things. Then everything would seem to have been somehow, but it would be impossible to pin down.

That could not remain so. It would be inadmissible. So let us leave all nonsense aside and reflect on the methods we know for developing our own works. We realise them.

Getting from the path to the goal is common practice. However, theory chooses the opposite path to represent the tasks that are set for us. For this, however, the path and the goal must already be sufficiently known.

A theory seeks to explain the course of events and extends from the goal to the path. Based on this reversal, it can be seen that it originates from empirical science and can be derived from it. It expresses the knowledge that corresponds to the process steps already completed.

Those who have chosen suitable goals for themselves can also achieve them. True mastery is still mastery over oneself. Let's tackle this. This is how we get started, this is how we make something come true. We are happy to devote ourselves to this cause.

I measure my existence in steps. I will neglect the step size. It is much more important to me that I remain at peace with myself. I complete everything I have to a large extent, as it suits me. I do this without rushing myself. I succeed much better when I am calm. The hectic pace of other people should not affect me. Nor should it infect me.

There is much to say about steps. There are whole steps, but also half steps. I also know about intermediate steps. They are like the posture of the human body. Sometimes there has been nothing that resembles a step. Then we stand there and perhaps wonder. We probably also wonder about ourselves.

## **Documentation**

## **Fortune telling**

Anyone who has said something has expressed something. Their words carry weight. We accept that. We believe that every person is like us. At least in terms of their values, they will be like us.

We have established this and been proven right. We have given the words of our fellow human beings the same weight as our own. In doing so, we have given other people the same importance as ourselves.

What distinguishes a person is that they know how to behave. With decency and dignity, it is possible to treat those around us with respect.

We draw what we need for ourselves from the moments of our lives.

## **Thought**



A person who has done everything with force will fail at some point. That may sound harsh, but they will lack the necessary gift of variation. We let go of everything. We no longer fought with each other. Peace becomes real in this way.

**Thought**

I would like to live my life with imagination. Without this gift, I would not be able to bear what I have to experience.

Those who do not wish to acknowledge the ideas of imagination must reject them. But then they sometimes come away empty-handed, while others have worn a crown. And they have done so rightly.

## **Thought**

### **Effects of practising yoga & co.**

It has been observed that practising certain positions has occasionally caused me to suddenly lose consciousness. I have fallen backwards. I have experienced this twice in the same position, although years have passed between the two occasions. Yoga is a big deal. We need to understand it properly.

In order to be able to perform the series of exercises taught in yoga in a meaningful way, you need the practical support of an experienced teacher. This should be someone who knows the applicable correction instructions and also passes them on.

It is difficult to find such a teacher in Europe. Anyone who has met someone who does this must check whether they are trustworthy. There are also charlatans.

Yoga is based on a system of order and relationships. Dhamma or Dharma is the word for order in Indian languages. It is thanks to this that the structure of the cosmos has meaning. Caution is required of anyone who wants to get closer to themselves with the help of yoga practice.

## **Idea**

### **A point of view**

From a European perspective, yoga originates from a different culture. It is not a copy of a European way of thinking. Rather, it emerged independently and has developed in its own right.

Modern variants of yoga often serve the purpose of identifying with Indian values. The need to establish such values can be justified historically. It results from the fact that the Indian subcontinent was dominated by Europeans for a long time. The occupiers also left their mark on the Indian population.

## **Documentation**

### **Commandments**

I consider it important to commit myself to the commandments of a yogi before I engage in yoga. Everything is based on the fundamental principle of ahimsa. This means that one must not harm other living beings, either actively or passively.

The extent to which this concept can be interpreted is made clear by the Jains.

Further principles complement this first commandment. They must also be observed.

## **Impulse**

### **Auspicious actions**

Many people have been deceived about something in their lives. This happens from time to time. It is difficult to protect oneself from this. That is why we fundamentally assume that we too are subject to deception.

## **Documentation**

### **Concentration**

Thanks to our attention, we can direct energy to individual areas of our body and thereby release our own senses in this area.

## **Documentation**

### **Posture**

We start from our hands when we assume a posture. To do this, we connect them to the base of our body.

At the end of each exercise series, we perform the same action in reverse.

## **Thought**

Sooner or later, every person finds something that means something to them. When we first engage with something that we are interested in, we usually enjoy it.

## **Approach**

### **Unit**

We Europeans tend to view yoga as a physical training system and equate it with sporting activity. I did not share this view.

I see yoga much more as something that allows you to discover and realise your true self.

**Idea**

Recognising and adhering to the laws of nature is of paramount importance for anyone who is serious about their affairs. Anyone who wants to deal with something that exists in a way prescribed by nature should faithfully adhere to what they know about it.

They should not allow themselves to be led astray by unfiltered desires, hopes, expectations and needs into a compliant existence. Instead, they can regularly fulfil what they need. Everything they have already recognised about the world and their existence in it should retain its meaning for them.

**Impulse**

## A person's inner world

The reality of human life means that we experience things first-hand. We feel ourselves. We can describe our own feelings. All phenomena that affect us should be mentioned and taken into account. They define us.

A person's inner world is the place where everything comes together and where we regulate what happens. We keep together what belongs together. We have high hopes for this.

**Insight**

## Dreaming

Who, if not me, dreamed after finally falling asleep? – That's what I thought about. Surely that is also a whole part of myself that makes up what I experienced in my dreams.

**Impulse**

## Play, dance and taste

The characteristics of a good life are the qualities a person is able to unleash once they have everything they need for themselves.

**Impulse**

## A quiet moment

Wherever you encounter emptiness, pause and accept it. The state of being without suffering has always been a favourable one.

**Vers**

## Healing

If you bring light to a person, they will benefit from it.

Nothing has been done to make it shine. All happiness lasts without reason for us humans.

### **Impulse**

Assuming that our thoughts were true, what would that mean for us? The magic of our inner moments will reveal what has been good and what has not.

Everything is subject to review based on its applicability. What is true must also be good and right. At least to the smallest possible extent, it will be.

The thought has not been merely a pointer or a point in space. It is interconnected intelligence. That is what it has stood for, that is true.

The thought represents more the inner light of a person than blindness. That is why we have accepted the thoughts and left them as they were. Everything comes to pass and everything will be something true that we have recognised in ourselves.

### **Thought**

## Catalysis

As a sceptic, I have my doubts about the usefulness of scepticism. People are also allowed to be convinced of something. Nothing has happened as it appears to have happened without reason.

### **Impulse**

I lead the life of a writer who writes down the thoughts that have accompanied him throughout his life.

### **Impulse**

## Coal mine

If we assume that a person is healthy when they are examined, then everything that is broken in them is disturbing. Yet we don't even know how to define what is healthy and what is not. After all, life takes its toll on us too.

**Impulse**

The difference between a yogi and another person is like the difference between a yogi and an illiterate person. Both can see what is written, but only one can read it.

# Views

## Thought

### Prologue

Human beings can use words to express their own nature. Language was given to us for this purpose. It is well suited to this task. We have already made extensive use of it. Many of our texts deal with how we understand ourselves and what is valuable to us.

We can deal with the thoughts we have already written down. We weigh up the words. This evokes certain feelings in us. Following these experiences, we develop something that builds on them. This will enable us to make progress.

This is how we have made our thoughts visible. Something we can easily imagine will one day be within our grasp. We want to clarify our vision, but we also want to experience it.

What defines us should shine brightly. It should also vibrate.

We hum and buzz in many ways with our own voices. We weave our thoughts into this fabric of mood and resonance with words. Everything thus acquires its rhythm, everything is carried by this rhythm and vibrates in time with it. Something is flourishing within us. Over time, works have emerged that satisfy us in terms of their content.

The experience of these things remains as it happened. That is what we think. We also believe it. What was right also corresponded to the truth. How could it not continue to be good?

We make use of the power of words and speak the truth. At first, these things pass away because they have been lost in the fabric of the world. We incur some losses. We have absorbed everything that has happened to us in response. We have not only suffered good things. However, we know that it is only through the measures of experience and success that we will learn how to use our things so that we can preserve them for ourselves. Good begets good. Substance is a key to things and their detachment.

Inside ourselves, there is only shadow and light; the currents of resonance break even the hardest patterns of our own behaviour. With dedication and leisure, we use our own words, create works, and preserve values. What has been true remains so for all time. Nothing passes more quickly than human delusions. They follow a logic that becomes obsolete through the recognition of the conditions of life and existence as a human being, and also has that effect. We recognise their arbitrariness and see through the pattern of these illusions. We detach ourselves from the idea that we are responsible for judging everything and everyone according to what we need for ourselves.

Our path is simple. Clarity comes naturally, or it never was there in the first place.

## Thought

## Knowledge

Ultimately, it should not simply be a technique that we apply when we do something, but our actions should be inspired by us in a human way. I would like to do justice to this fact and have therefore given up all excessive rehearsing of postures and forms early on in my life. We should have some opportunity for self-determination. Let us simply work to improve the general quality of life for people by preserving it. We do the same for ourselves by paying attention to our way of life.

It is important to us that we can still freely choose what is good for us tomorrow. This will benefit our existence. No one needs to earn the right to live well. We are naturally entitled to exist as human beings and are allowed to behave as such.

## Documentation

## The existence of a writer

Fireplaces have always fascinated me. Whether it's a blacksmith's forge or a campfire in the great outdoors, I love being there. I feel comfortable near the fire. Some hours spent with books have not been nearly as interesting as these times, even though reading is enjoyable. Browsing through the books in my library inspires me, but the light of the fire has made me find life special.

When I reflect on my existence, I enjoy switching back and forth between the memory of a fire's glow and the perception of my inspired world of thoughts. This is a significant part of my life. The concept of these things has given me the power to remember these states. I make ample use of this in my everyday life.

I have already written down many things that define me. I do this so that I will eventually have material that I can draw on. I can say with certainty that the written words are worth many times more than the effort it took to create them. At the very least, writing your own literature teaches you to express yourself in an appropriate way. Suddenly, your own works appear concise and coherent. That is how they are presented, and that is how something becomes true.



## **Insight**

### **The path of the writer**

There is the pulling and pushing of the world. I perceive this in myself, but also in everyone else. All people have to struggle. This existence is difficult. Not everyone has been able to fill their own life with happiness right away.

As a writer, I have secured my own, because it seemed important to me to do so. I enjoyed doing that. In the process, I built up my vision of a good life. Over time, it has emerged in a perceptible way. I have experienced my existence so intensely and felt how everything will be for me.

Something written should be good for something, taking into account in a true and right way what is given to us humans. Then we express something lasting that can still mean something tomorrow.

I know the essence of words well. My writings should not be arbitrary. I have also cared about what the future will bring. That is why I am building a work that I can grow with. I want to name here what is given to me.

## **Impulse**

### **Equivalent works**

Every person basically has the same thing to say, because existence in the world is actually the same for everyone. But the position a person takes in the course of their life profoundly shapes their actions. It defines them.

Let us leave all things as they appear to us. Let us lead a simple and decent life. Let us not take away from others what they need for themselves. Nor should we disparage any of it. Human beings are endowed with a consciousness that gives them the power of self-control. However, this consciousness is limited to their nature and the things associated with it. People understand the things they know well. We are no different.

We can contemplate and discuss what it means to exist as a human being. Nothing else is destined for us. We need nothing else beyond that.

Every human being shares in the destiny of humanity to assert itself and achieve something. Since existence is the same for all human beings, we must adapt to it as it is. It should be clear that our actions have consequences.

People shape their own work. In doing so, they gain something good. They are familiar with doing this. They know what is theirs and can make it happen. Each and every one of us is capable of doing this.

## **Impulse**

When I meet up with friends, it sometimes has a special value for me. We know each other well. We draw on our shared experiences long afterwards.

## **Impulse**

### **The tasks of a writer**

As a writer, I should create something that is also of value to other people. At the very least, everything I have written should be useful to me. I apply this filter to my work.

I work on my work and reduce it considerably from time to time. What I have deleted was, in my opinion, to be treated as such. I recognise what I want to keep. It means something to me.

## **Poem**

### **Expression and impression**

Life – experience vitality.

Let life happen, shape life, form the living. Allow everything. Let everything be as it is.

Something should happen. Something happens to you too.

## **Thought**

One of the difficulties in learning yoga is the need to integrate it into our everyday lives.

Being familiar with the practice of postures, positions and movement sequences from the field of yoga can sometimes be very valuable for a person. In doing so, they get to know themselves and can do something with themselves.

## **Impulse**

### **Justification**

In our lives, we humans have always been concerned with balancing our knowledge. We have upheld the truth and placed ourselves in a dignified relationship with it.

## **Speech**

### **A game with serious content**

Hey, you. Yes, you  
there. Where are  
you?

Thank goodness I found you.

I'm glad. Then it'll finally be fun again.

Once I get to know you well, you'll get to know me better too. We  
shouldn't run away from understanding each other.

We've both been through a lot of crap and still managed to achieve  
something. Let's be grateful for what we have.

That brings peace.

You are a welcome guest.

## **Thought**

We all have a nature that allows us to access the communities of this world. We should  
allow ourselves the space we need for a good life.

If you decide not to participate, it's easy to do. But then you'll come away empty-handed.

## **Impulse**

The yogi applies a different code to himself than is generally customary among people. He  
addresses himself directly with his forms and refers to things close to him that make up his  
existence. When he speaks, he chooses his words according to his knowledge. He also  
maintains his balance in life and derives his way of life from it.

## **Thought**

Words sometimes obscure reality for us. Only when we have managed without words have  
we truly succeeded.

## Documentation

### The trapeze

We must give people the opportunity to understand us properly. That is why we talk about our things at all. That is why we have made it all true. We clearly name the good that we know and thus create the basis for our work.

We have expanded this foundation.

At some point, we dared to write about the things that were terrible. That's how this book came about. We subtitled it 'The Cosmology of Horror' because it builds bridges to moments that were good for nothing.

We assumed that this world is the way it is. It needs no justification for that. It was there first. Only because it is the way it is did we humans have any chance at all to become what we are now.

So in this book about yoga, we talked about our own weaknesses and mistakes, because they existed. This was not something that would inspire our fellow human beings.

The need to clarify our own references is predetermined in this existence. If you want to be understood correctly, you have to point them out. Otherwise, it would be impossible to comprehend what makes us who we are.

But the realm of bad words is also one of additional dangers. Again and again, we have played police and cleaned up these things. What we have reported has expanded our base. The good, the true and the right have ensured its continued existence.

# Elaborations

## Impulse

### The spirit of a person

Language flows within us humans and makes us as alive as we are. Words arise naturally in conversation with friends. We shape what is given, find ourselves and thus gain access to the happiness of this existence. The question of what echoes from the walls while we speak does not frighten us.

We are happy to show ourselves as we are. We even hold something to it. We humans appear as the creators of our works and future opportunities because we help shape the events of this world within the framework of our own lives.

This makes something come true. Empowering people is what we have in mind when we approach our existence conscientiously. What we have been able to achieve ourselves is enough for us. This should be something good that we want to stand for. People should recognise our ideas and remember the thoughts we express about them fondly.

With our existence, we prepare the foundation for our own happiness in life. To this end, we ensure that we have what we need. This life should contain everything that emanates from us. We want to achieve this for ourselves.

Something should emanate from us that people can place their hope in. Let us not belittle ourselves in this regard. We have been thinking about something. The world, or rather humanity, is on the way to a state of supportiveness. Its characteristics are rightly as they are.

What characterises this way of thinking? Well, we believe that something needs to be brought into balance. The concept of balance, as I use it here, belongs to geometry. It can be used to describe the alignment of bodies.

Applied to humans, the image of the plumb line can also mean that something has been put right or has remained in order. The word 'plumb' is synonymous with this. People's possessions should also be good for something. This manifests useful conditions, so that one experiences happiness.

Let us simply recognise what the given situation is good for. Let us see how things are proceeding properly and correctly. This is where our strength should be applied and serve our cause to the fullest extent.

In this, we finally recognised the spirit of a person who has accepted the given situation and stands up for himself.

## Documentation

### Three forces, four paths

I am pleased to say that I have established something for myself that has fulfilled a condition of my existence. To this end, I have introduced three changes of state and accepted these changes of state as the effect of my power.

- A release of the moment that is currently effective.
- A pulling of the focused part of my body towards me.
- Resting in a state of calm. (Pausing)

Then I meditated. I observed how playing with these magnitudes felt for me.

I have chosen the following sequence for this exercise:

- A release of the moment that is currently effective.
- Resting in a relaxed position. (Pausing)
- Pulling the focused part of my body towards me.
- Resting in a relaxed position. (Pausing)

This sequence can be repeated.

## Thought

### Being and appearance

It is certainly true that other people also mean something to us. Not only have we ourselves attained a certain status, but other people are also well regarded. Yet so many terrible things happen in this world. Who has control over this? Who has control over themselves? Many people have bet on the wooden horse when they went to the horse races. And soon they lost everything.

We regretted that they had gone gambling. But how can you dissuade someone from their actions when they have pinned their hopes on them? What happens in gambling has a significant impact on many players. These people have suffered heavy losses because they gambled away their possessions.

Nevertheless, there are many people who do this every day. Against their better judgement, they cannot rest until they have placed their bets. Then they feel as if they are in a frenzy. In doing so, they trample fate underfoot. How could Fortuna be pleased with that?

## Documentary

### In search of the truth

This world is a creation. While everything and nothing has always been the same, a great deal has happened in between, which we like to call change. I would argue that change and creation embody the identical principle of the origin of our cosmos as human beings. We can see it. We perceive it. From this perspective, we determine something. We determine what we can see. We give these things names. These are to be their names. We think this is good. We also adopt a state that corresponds to how we have seen and found things. Thanks to this reflection, our being has received its first prong and we realise that this is also a good thing.

Now we move on. We have been able to determine how we proceeded in the previous state. We have also recognised that our approach has led to a certain degree of success. That is why we repeat this approach. This is how we recognise the finiteness of our actions.

We realise that everything we do can also be completed by us. We consider the completeness of our own actions and recognise in them the completion of the actual work. With this, we have reached another state. We are happy.

Now we look at our environment and see the people around us. They are going through the same cycles as we are. They too are searching for happiness.

We think about this. We deal with our own impressions. We keep them hidden as long as we have not said anything about them. This happens easily. It has not taken any effort on our part.

Our strength grows. Over time, we collect more and more of these impressions. Our focus wanders, but we also re-establish it again and again, thus aligning ourselves with a single thing. In this way, we give ourselves the direction we need. It opens doors for us and makes us steadfast.

## Impulse

### Unification

We humans experience impulses. Taken together, they result in something we must pay attention to in order to find and persevere on our path in this life.

We reflect on this conception of our existence as we have come to understand it. We acknowledge the concerns that arise. We do not need to amplify them. They are effective in their own right. We say that something has come to mind, something we have thought about.

We relate to these thoughts and impulses with our personality. This gives us the happiness of a true identity. We exist. We are present.

When we speak or write about what defines us as individuals, we say that we are documenting what we know. Sometimes we discover new things in the process. This leads us to realise that something good can lead to something else that is also good.

We address our own world of thoughts and ideas. Our intuition becomes visible. We also reveal what we can make tangible about who we are.

This is where the works become real. Our own goodness appears and can be perceived by someone else, but also by ourselves.

We are primarily the users of our own products. To this end, we have taken something from the fund. Our profit comes from processing what is known. We also present what we have made our own. Some of it will define us. That is enough. What we have for ourselves has become possible because we have willingly engaged with it.

## **Documentation**

## **Extensions**

Playing pinball is something that people have sometimes enjoyed. They put a ball into play and did what they could to keep it in play.

Thanks to my disposition, in certain situations I treat my thoughts like balls in a virtual game similar to pinball. With each new text, I bring a new ball into play. I score some points. The total number of points is determined by the value of the statements made.

As a rule, it is important to me to make a specific statement and not to miss the point. That is why I have shortened many of my texts. Only the ball kept in play leads to the desired points that I need.

As an author, I read through my texts carefully. I originally wrote these texts as records of my own thoughts. But my thoughts did not always appear coherent. Some words have a jumpy character. So I combed through the text in question several times.

Only when I have clearly recognised what belongs together in a text do I complete it. I remove anything additional as far as possible afterwards, when I rework the writings.

In the end, when reading, I follow my vision in my own imagination parallel to it. This means that I comprehend my writings. I read them word for word. At the same time, I experience what the words mean to me. This leads to moments that nourish me.

I can gather my strength. Joy fills my heart as soon as my own understanding of my cause grows.

Thanks to this blessing, I soon realise what the individual text is worth to me.

Afterwards, I leave the text as it is. Then the words are set, I have made a statement.

Acting conclusively is what I have in mind.



## Documentation

### A trivial process

When it comes to meditation, there will be many things to say that are already known. Anyone who wants to describe it will talk about something that people have already experienced. They will choose their own words for it, but people will know better than they do how to understand the things they have been striving for.

There are probably more ways to approach meditation than there are stars in the sky and grains of sand on the earth. We can safely assume that. Every person knows their own existence better than we do. So it is to be expected that people will have something to say when we comment on their existence. No one wants to hear anything except words of affirmation.

However, we will not address people when we talk about meditation. Rather, we will describe what constitutes the universal human being. We consider the fact that contemplative moments can occur in a person's life to be a given and well known. It would be nonsense to rave about it.

We want to speak in simple terms. Our specific thoughts and ideas have had no effect. We do not know what meditators should establish for themselves. Every person will be free in this regard. Anything that is conceivable can be done. This text can be read by anyone, but as expected, it will not cause them to dwell in insight. People resist things that do not suit them. They recognise what is wrong and oppose it. It is important to distance ourselves from what other people have told us and to be true to ourselves. Our own idea of life is the true one. By acknowledging this, we have already taken a step along the path.

The path of words is an educated path. It is not plastic. Nevertheless, we keep its comprehensibility in mind. That is why we pay attention to the comprehensibility of our words. The work should inspire people. It should encourage them to form their own opinions and give them the insight that what they have recognised is of value.

We assume that it is words that represent the path we have taken, which we must subsequently understand. The question of whether we understand our own words is tantamount to the question of whether we will return to the same point that once determined what was meant by what was said. So we are talking about the reproduction of the same conditions. We want to be certain that someone else can take our position.

We determine what has defined our position. With words, we show what views and insights are possible for us from here, so that others can recognise whether they have already taken the same position as us. Even if we are not the same people, we can still experience the same thing, at least temporarily.

We would certainly express what we have to say in our own way if we really wanted to talk about it. But it is a beautiful thing to regard another person as valuable and important enough to allow them to have their say.

So when we pay attention to someone, we have not suppressed them. We have put ourselves in their position, but we have also had our own experience.

These experiences are linked to our person. This is something that should be recognised as a matter of urgency. Those who act as individuals will also realise that there are certain

connections that define who we are. What we experience is connected to this. Our insight results from our attitude towards these things. We make our own cause a reality, but it is also true that several people have held on to the same cause and should therefore work better together than against each other. Those who know their comrades-in-arms should also join forces with them.

This gives us many opportunities to make good progress. What we have mutually agreed upon leads to confirmation more than anything else. Those who are able to confirm what others have needed for themselves will also be able to demand it for themselves. It should be clear that a person's views lead to understanding.

While our insights are at best clear, we verbally express some things that need to be heard. Those who believed us did so at their own discretion. We did not force them to trust us. In doing so, we have now formed our words and trained ourselves. We consider their true content. This soon makes something clear to us. In this way, the facts that move us should become known.

This may seem unusual to some. What has been said here is good for something, but it has not carried the same connotation for everyone. People's different points of view can still be heard. This will not change in the future. It is simply that only one head fits under one hat and only one pot fits under one lid.

This is due to the nature of the matter itself. It is the nature of the things we have discussed here. Meditation will basically be a simple process, as it can occur daily in our lives. There is certainly no consensus on what constitutes the moments experienced during meditation. The fact is that they can be contemplative.

Nevertheless, everyone will have their own experiences with it.

There is little order in the confusion of opinions. It is part of our everyday life that people have formed their own views. They insist on their being. That is clear. No one wants to take that away from them.

What defines each of us is always influenced by our environment. No one is so self-determined that they can breathe without clean air. Nevertheless, we must recognise that it is up to each individual to decide what they understand about the world. We should not prevent anyone from having their own experiences.

Everyone can only maintain their own path and their own work. This is what author Mathias Schneider has decided for himself. He has made it his mission to practise speech formation and to name things that expand his vocabulary. In this way, he has been able to cultivate the fields in which he is at home. He had nothing less than this in mind.

He produces his own writings in a simple manner. He makes them available to readers voluntarily so that they can also view these writings. The 'Baukasten' card index is like a newspaper, something that can be of varying relevance.

He deals with this work. In doing so, he reviews his ideas.

He can make his own ideas clear to them, but he will hardly be able to transfer them to their position or their person. He would not want that anyway. Everyone should do something themselves to understand others.

At the very least, his writings should be understood as reflections of his world of thoughts and ideas. These writings can be seen as the labyrinths of his thinking. He attempts to grasp what has opened up these inner spaces.

The author reflects and contemplates. He has the reflection of his current thoughts in mind. This gives his impulse the necessary relevance to be included in his own work. In this way, impulse after impulse, his thoughts have been integrated into his writings.

Mathias Schneider wants to express his thoughts truthfully, as they occurred to him. That will be fine. What he has in mind should serve the truth and do justice to his life.

## **Documentation**

### **Commitment to the familiar**

Meditation, with its variety of paths and possibilities, is something that can be discussed in general terms, but can only be practised in specific ways. Many paths lead to nothingness. Only the path that is currently valid will be the right one for us. It is a suitable continuation of what is given and therefore fits in conclusively with the circumstances of our existence.

How can we determine what needs to be done right now? - True to this question, we examine our own well-being. What feelings arise within us and how do they affect us? Is now a good opportunity to reflect and organise our thoughts? Do we have anything else to do that is more urgent than this? - This is how we deal with it. We look for a meaningful answer to our questions in a timely manner.

The tasks that life has in store for us are based on external characteristics. But inner moments should also be taken into account when we organise our affairs. Since others are the beneficiaries of our actions, we should also ensure that what we do is not wrong for us. We want to reflect on this.

Everything has its lowest point where we have determined it to be. That is where we have fixed it for the whole. Let us consider our current situation as something that can be improved. Let us look at what we have and recognise it as our starting point for our own endeavours.

Let us examine our existence as it occurs. Let us acknowledge our connections. Perhaps we thought that perceiving our inner stirrings would not help us. Nevertheless, it will be the case that we have known nothing else in our lives. Do we want to take one of the random paths? Although our impulses have probably been no better than our own knowledge of natural circumstances, these emanations have nevertheless resulted from us. They are connected to us and unleash our powers. That is why they are directly connected to our lives. Let us simply refer to what is our own.

What higher power do we possess than this? What else can bring us closer to the order of things in the course of events? What is given stems from our vitality. That is how we perceive it. For this reason, we have recognised our own feelings as the true source of our happiness. We give space to our own thoughts and make them strong. Let them appear as they are.

All the wisdom and strength of a person will not have gone far if they have already given up on themselves. Some have taken on too much for no reason and seen this as their actual failure. We would be well advised to avoid such things. Let us therefore pay better attention to our own impulses and free ourselves from all foreign influences from other companions. Their dubiousness is a horror to us. Then we shall fare well in this life.

## **Documentation**

### **Focus and its characteristics**

We humans have only one focus. That must suffice for us. In order to use it, we must employ it. To do so, we need to distance ourselves from the given. Everything has a certain depth in front of us. It is a simple characteristic of nature. However, it does not deserve any special emphasis. We would not need to talk about it in order to experience it.

We look at what is given and feel how it makes us feel. The one and the other have appeared without us being able to know whether they have conditioned each other.

Some have believed this to be the case. Others have seen it as a deception. We do not wish to determine what is true.

Such disagreement among other people is like a melting pot. We should not get caught up in this. So let us establish a first point for ourselves. This would be a benchmark from which we can demonstrate progress in the future. Our goal should be to get along. We can leave it as it is. Anything other than abstention would be impossible in this case. Therefore, we recognise it as a threshold that we should not cross. Such a threshold is therefore not a characteristic of ours, but rather an indication of how we should behave. We will by no means be able to permanently resolve the problem of mediating disputes for others. At any time, people may once again find themselves in disagreement over issues that have caused them distress. They sometimes fixate their minds on solving imponderable things, which is nonsensical. What happens in such cases should be seen as a pointless trial of strength. However, in such circumstances, no one has ever gained anything by getting too deeply involved in the mill of discussion.

Our own words should merely be an accessory to our lives. We want to make meaningful statements about our existence, but we have not given them excessive weight. We do not need to say much to other people. But it would not be a bad thing if we did communicate one thing or another in order to convey it.

It should be a substantial part of the given that we have said something that is important to us. It should be something that corresponds to what conditions us. We, too, have a certain authority over our lives. This will be particularly clear in matters that have been important to us. That is precisely why we take care to do justice to our own cause. Then, when we speak of ourselves

, we always limit what we say to the essentials. No one needs to know more than that about us.

## **Impulse**

### **On imagination**

A beautiful thing is said to be man's love of the fantastic. With its help, he can explore entire worlds without moving from the spot. He can internalise certain events without being physically present there. His imagination has equipped him with spiritual power for this. He continues to urgently need it for his life. Because of it, they can truly understand so many things that are important for human existence. In doing so, they can realise their full potential because they behave in accordance with their nature.

With the help of his imagination, he has recognised many truths and also realised that things are as they appear to him. Ultimately, thanks to his own talent, he can even imagine them in an intense way. He experiences their inner luminosity and can picture what he has seen faithfully according to his own imagination. Meanwhile, what we have imagined is said to have played no special role. Every human skill should be evaluated in such a way that it is used correctly by the person. We would do well not to have unfounded fears about the peculiarities of our nature. It only shows us what is meant for us. Just because something has not been confirmed by other people's experience does not mean that what we have imagined is wrong. Let us learn to trust what is inherent in us. We can legitimately apply what we know about ourselves. In this way, we can finally act in a fair manner towards ourselves.

Every person has something they need and also use for themselves. We should succeed at something. That is how we determine whether we are doing well. There should also be certain regulations in place that can guide us in this regard. We are happy to refer to them. Then things appear before us and reveal previously unimagined opportunities to determine our own state of mind. We examine our own inner world.

To do this, we flood it with our imagination.

Sometimes we also withdraw from such intense experiences. That is, of course, true. In doing so, we follow the course of events as it has rightly come about. In this way, we walk the path of experiencing inner light and find a living human existence within ourselves.

A certain sense of reality will strengthen our abilities in this process. We determine what conditions us. A reality underlies human existence and determines how we fare. Life has not been free from constraints.

The whole thing should be something we have, are and do. That is how it works. What has happened has not always been favourable for us. Existence has sometimes been nothing more than the moment of accepting the given, the acceptance of impulses, forces and moments imposed on us. In this way, our idiosyncrasies develop and give us our own form.

All emanations of the spirit are brought about in such a way that what has already happened is allowed to have an effect. This happens of its own accord, otherwise the result would be distorted. Then the success that has occurred also becomes real when we have accepted things as they appeared.

### **Impulse**

To practise yoga without imagination would be as reckless as practising faith without hope. It is better to realise that one dimension requires the other. Everything happened at the same time. Nothing should be missing.

### **Documentation**

## **A remnant of chaos**

Strictly speaking, the essence of nature should be one that strives from chaos to order. On the other hand, it would not be easy to go from order to chaos. This would require a permanent increase in energy, which would not be possible.

Such behaviour would contradict the main principles of thermodynamics.

Accordingly, the essence of human beings is to organise things. In doing so, they experience progress in life because they conform to the dictates of nature. One does not need to learn the principles of order. Nor does one need to bring them about. Such things arise of their own accord because everything that is true exists. This is supposed to be a favourable state of affairs, which brings with it equally favourable changes in the given circumstances.

Analogous to nature, the activity of a human being who is committed to maintaining the given takes place. One of the creative elements of creation will be that human beings produce their work from within themselves by conforming to it.

Prosperity comes about of its own accord, or everything has been for nothing. Our own works should reflect what we have already understood in this existence. Their principle of creation should also be recognisable in them. In this way, what we have created will be understood as something true. Nothing else should emanate from the world other than the stability of its inner principles of action, i.e. their validity. Nothing could decay unless it were intended to do so.

A certain degree of supportiveness on our part should be important for our existence. No one should put themselves in danger or disparage something unnecessarily. We should preserve our own well-being. Each and every one of us is human. Some things go hand in hand with what is built upon this.

Everything has similar and equivalent properties, which is in accordance with order. Here, too, the principle applies that when potential is released, it can set something in motion that also wants to resonate. This initiates an act of transformation.

What is inherent in nature as a force for transforming the given would be nothing other than its occurrence. The principle of order is one that will be found. Nature orders everything and puts itself where it is needed. Sparks

of light appear, everything becomes visible. There is a sparkle. Finally, it appears as it is. Thus, everything that appears in the world is affected.



## Documentation

### The spectrum of one's own frequencies

Human beings live and benefit from this fact. They experience their existence with joy. In doing so, they learn many things about themselves that they are now aware of. In addition to those things that have become clear to them through realising who they are, there are also many things that they have not yet understood. They are forced to ignore what these things are all about. In doing so, they leave it to the unconscious part of their consciousness to find a way of regulating them that enables them to cope. The safe haven for human beings will therefore be an active mind that is capable of mastering such things. It contains both the conscious and unconscious parts of a human being.

The fact that we are not always aware of what has happened in terms of regulation should make it clear that a person carries control circuits within themselves that we are hardly aware of, but which nevertheless exist. They are certainly also intended to protect our health, which they do sufficiently. We can and should assume this.

We believe in the acceptability of positive thoughts.

What is given remains, provided we have not made it impossible for it to continue to exist. We observe our part in this, which we have embodied, and put it in the right proportion to everything else. What wondrous events have already happened in our lives. Who created them, and according to what model did such things come into being?

Let us imagine the characteristics of the universal human being, and then let us equate ourselves with him. The power to sustain life must come from something living. Everything that is given for this purpose must be true.

We look within ourselves and rejoice in who we are. We have something unique that we can put to good use. Some of our good qualities come to the fore. The facts of our existence are confirmed in life by life itself. This should enable us to make progress, so that our existence will show a certain stability.

Let us take life as it comes. Let us perceive our history. Let us pay attention to the images that arise within us. It should be our heartfelt desire to see them. Let us allow something of such high value to come to us.

In this way, something will happen freely that will be true in itself.

### Thought

First, we humans form an inner image before we can understand things. Insight gained through the recognition of the names of the things given in the image space of a language has made something good possible for us. Little by little, they have taken shape. Then our idea has become audible.



## **Idea**

### **A matrix of words**

It is no coincidence that people come to understand the fundamentals of life. We have already taken steps in this direction and achieved something. With each new opportunity, we recognise what is given from a different perspective. This completes our picture of what is given.

Over time, this has opened up access to the true nature of the world. In the process, we have realised that nature is both beautiful and terrible.

## **Impulse**

### **Commitment**

Without giving ourselves the right amount of strength, we would not be able to move forward in life. We make what we are given come true. We practise this.

Haven't we always done the best we could? Our path is not an easy one, but it has been good for something.

The good things we stood for should continue to remain valid. That is how we think about it, and we are looking for ways to preserve some of it.

## **Documentation**

### **A fractal**

Yoga is a belief in the higher power of human beings. Even if human abilities are finite, they have always moved everything. We have recognised this. We walk the path of life in our own way.

## **Documentation**

### **A thought about peace and probation**

A person's actions not only occupy them, they also produce something that they enjoy. At best, this will be the case. They will soon have created something through their own efforts that has a beneficial effect. They experience life in a specific way that suits them.

A certain part of this is deliberately shaped by them, while another part is perceived by them as the effect of what they have shaped. This enriches their life.

In addition to the effect and what has been created, everything we do also has a framework. This framework exists for our entire life.

The anchor point and thus also the reference point for the whole of what makes us who we are should be this. This is where all the things that make us who we are are attached. This happens through the

own reference to it. We can perceive everything as it is because we have repeatedly referred to the same framework.

This framework represents a neutral aspect of our lives.

### **Speech formation**

## **Working through things with reflection**

Thanks to in-depth reflection on the things that have been given to them, a person can see something that was actually already relevant to them before. We look back. In doing so, we can recognise what affects us in our existence.

### **Impulse**

## **Being on the path**

Every person has their own essence, their own personality. This essence becomes constant through habituation to the given circumstances. That is why we carry out our daily activities in an orderly manner.

### **Affirmation**

## **Having a direction in life**

Man moves from the concrete to the independent, from the orderly to the weighted, from freedom to obligation. He stands by what he has done. In this way, he receives his reward.

### **Intention**

## **Leading a structured life**

Without leaving a trace on the ground, one would not be able to live or exist. By our mere existence, we are conditioned, we appear and we shape something. It should therefore be considered valuable to cultivate and nurture what has been given.

### **Documentation**

Everything we have ever thought about has led us to an insight at some point.

### **Impulse**

We have sought a framework for evaluating what is given. Such a framework exists in the world through nature and its manifestations.

### **Documentation**

## **Everything fades away**

Those who wish to take nature into account in their observations must also perceive its silence. Everything has already happened and is true.

### **Thought**

## **On light and goodness**

We should leave a person's physicality alone. The true essence of a person should be 'formless'.

All creative work has led to reactions in us. The substance is hard, its nature can be seen as a force. We humans have been shaped by something that has been given to us. It is good that we can let go of the urge to inscribe something on things.

We then withdraw and are what we are. Gradually, we find ourselves in the process.

### **Impulse**

The man already knew his life story. You have to talk to him to understand him.

### **Documentary**

## **Happiness in life**

People have many possessions that they want to put to good use. The work should be their own.

They want to be active. So they do what they are good at and accomplish something that someone else needs.

### **Idea**

## **Orientation**

The orientation towards our own path in life as human beings is something we are born with. We bring something with us. We know this well.

## **Impulse**

### **A star**

Something that wants to be fundamentally good should be true and correct when viewed from every position. The essence of things should be explainable in three completely independent ways. That is how something becomes known. The parts of what is represented should all be extensive. These are the external characteristics of such a thing. In addition, the intensive magnitude is captured. We can determine its catchment area. This should be my first approach to considering the facts of my life. The completion of this should take place in the work. In my own writings, I carry out some of what I have thought about.

What I do in this regard need not be difficult at all. I would like to take into account here what I have already learned about my life during this existence.

This situation continues. It has provided me with certain material that I can now examine and clarify.

I sometimes act as an observer. I don't want to interfere with the way things change, because everything will eventually become what it is meant to be. I hold fast to the coherence of this idea. For me, it embodies something close to the ideal of untouched nature.

Step by step, humans are learning to preserve their works. Step by step, they have secured their position.

Everything finds its way. Nothing in the world would be lost without reason. Whatever has had an effect has done so in the most favourable way possible. Everything happens at the same time and is interwoven. That is how it appears to us.

## **Impulse**

### **Lessons**

Humans learn something in order to train their own behaviour. Improved behaviour leads to a simple life. One can thus survive locally and has little trouble standing up for one's cause. A lack of success has taught us something. This leads to certain lessons that have to do with what we have done. We deal with what has become clear to us as a result.

## **Insight**

### **Intermediate steps**

Remember that pausing for thought can give people a sense of certainty. Careful handling of things can be put to good use in people's lives. It should be possible for something good to spring from our hands.

These things should become examples for us. We want to use them. In this way, we already find orientation for ourselves.

## **Aphorism**

### **An anchored culture**

A culture of preserving what is given and the accompanying proving of human beings create space for something good.

Nature, on the other hand, is to be understood as a structure of impulses that have not been preserved in us.

## **Thought**

### **The significance of light**

What value can something have for us without any lasting effect?

## **Thought**

### **Keeping quiet**

Restraining oneself is said to be the beginning of all possibilities. Otherwise, the pots will soon be overflowing. Then cooking a meal is no longer enjoyable.

Being careful in how we treat ourselves brings amazing things to light.

## **Impulse**

### **Shivatman**

Gestures, facial expressions and gazes are not random. Human beings carry something within them that unites them.

## **Impulse**

### **Illustration of an inner world**

Illustrating our inner world serves primarily as a means of identification. What we carry within us, we also evoke within ourselves.

# Devotion and reflection

## Affirmation

### On happiness

Every word should be of value. Everything we humans have said should be useful. There is nothing wrong with a person's illness. Anyone who wants to heal them must trust in their own strength. Anyone who wants to enable them to recover must walk this path together with them.

## Idea

### Interpretation of the inner self and exegesis of thoughts

To respect a person's independence means to accept them. Devotion and reflection on the events of a lifetime should enrich a person's mind. It should help them understand what makes them who they are. Their feelings take on the weight of an indicator of the impact of things.

This fact means so much to the author Schneider that he tries to build his own life on it. A state of mind that has been cleared of distant concerns should strengthen a person's decision-making abilities. That is why people sometimes retreat into seclusion, so that they can find themselves. In doing so, they reflect on something that is not contaminated by false or even wrong motives. Some things finally come back to them that will be good for them. In this way, they can soon assert themselves again in a benign manner, since they were neither false nor wrong in truth. Every person is perfectly entitled to value themselves and to stand by themselves in such a way that they are able to trust themselves.

## Speech formation

### Life as an act of participation

In the beginning was the Word. Then it passed away. We cannot remember it any other way. We would not know the Word of that time, nor were we its originators. However, everything we have is built on what has already come into being. Everything that exists has come into being of its own accord as what it is today. It has embodied this. Because everything we have is based on something that already exists, we can hardly reject what is given without damaging our assets. So we take everything

as a given and console each other with what we have of our own. It is the remaining good. Its value would not be insignificant.

We should be familiar with the meaning of things. We attribute great importance to our understanding as a factor in our happiness in life. We can soon hear what has made a difference to us. We experience a knock-on effect of what has happened, while everything that has emanated passes away. We also think about this. The uniqueness of the past is the key to our understanding of the cosmic structure that has basically shaped everything. Many things will soon become clear to us. We have acknowledged what we have seen and observed. We are quickly getting to the bottom of things. The interplay of events follows fixed principles.

This allows us to conclude that some things must have been the same in earlier times. We only have fragmentary knowledge of the events of earlier times. However, we know that the same laws applied then as they do today. A person's knowledge of nature and the cosmos either continues to exist or it never existed in the first place.

The knowledge of order that was once acquired has always been consistent. We humans believe in one truth, indeed, in the truth.

We have generated some of the faith in us from within ourselves. We have examined this and familiarised ourselves with what it means for us.

We have upheld the preservation of order. Preserving the basis for our own existence has been a necessity. Everything should continue as it has been. That is how it came about, so that is how it should be.

Nature continues to exist. In nature, everything and nothing have been united. Thoughts and ideas have been like old friends to us. We knew most of them well.

## **Thought**

## **Integration of events**

Human beings' belief in goodness should be complete. We recognise that what has been good up to now can rightly be named as such. Human beings educate themselves by preserving their own world of thoughts and ideas. This aspect of their lives should stabilise them.

## **Impulse**

## **Experience**

In order to practise yoga sufficiently well as a European, one should first have learned and realised a few things about oneself. It would not be arbitrary what one must already have recognised in order to persevere on such a path. However, only each adept can determine for themselves what exactly this will be. No one will prompt them. No one can make the necessary effort as well as one can oneself.

Those who have recognised the consequences of their actions will not come away empty-handed.



come away empty-handed. This will be the case from the outset if they have been prepared to abide by certain rules.

Such rules can also include rules of conduct. There is an order that is imposed on us humans. It will be necessary to clarify this for oneself.

We have said something about this. Once we have become accustomed to the structure of above and below, of everything and nothing, we may soon have the class to recognise the sun and moon as celestial bodies. These celestial bodies would not only play a symbolic role in our existence. They also shape the reality of our lives.

One should be prepared to devote a good part of one's vitality to dealing attentively and sincerely with the things that have appeared and occurred.

What one can learn will be true. In doing so, one should not give the aspects of one's existence more or less space than is necessary for their clarification and resolution. This is best achieved by adhering to the principle that everything that is given is in truth of a benign nature.

### **Impulse**

Those who approach yoga according to the methods they are familiar with, practising something that others may have shown or demonstrated to them before, may also want to influence and determine their own psychophysical state. They may strive to achieve this in order to create a certain balance in their mood or to counteract the forces that are currently affecting them. One wants to find a balance for the stresses of everyday life.

During the special hour in which one practises the exercises, one achieves a great deal. But we should also let go. We want to release our own tension and recover.

Once a practitioner is able to engage with themselves properly, they will also know how to let go.

Diffuse stress has caused imbalance in all of us at some point. Improving our well-being should be easy to achieve.

We regenerate ourselves by fulfilling the tasks necessary for our own existence. We are happy to fulfil our duties.

### **Fantastic**

## **A dream vision**

Like everyone else, the student of yoga is convinced of his achievements. He has also seen his experience more in the light than in the shadows. But the world also knows the night.

Those who constantly admire the beauty of things during the day will certainly also experience many a horror at night, because the two belong together. It is in the nature of things that a person will be given both in equal measure.

Let us not exaggerate in our attempt to achieve a balance between such things. A balance has never produced anything alive.

We practise devotion and meditation, perhaps also adopting a temporary posture from the field of Hatha Yoga. This is intended to induce a state in us that can have a temporarily beneficial and refreshing effect on the human mind. We want to build up and establish a certain capacity for recovery within ourselves. A state in which one can regenerate through rest should be right for human beings. However, this has little to do with balancing.

A certain calm can also be experienced while walking. We have also achieved this while sitting or lying down. Even cycling will be fun in this way. One should calmly engage with one's surroundings or engage in introspection. One should work out what constitutes one's attitude towards life.

### **Idea**

## **Obstacles in everyday life**

In order to achieve good posture in a calm manner, one should acknowledge one's existing posture and stabilise oneself in it. In this way, one learns to prepare one's own assets in a sustainable manner. This will probably enable us to achieve something soon. We want to cope with what we have been given.

Coping with the situation has caused some distress. People should learn something that has confirmed them.

In order to ensure a certain level of satisfaction in life, one should acknowledge one's own possessions as they are. It is important to tackle the things associated with them and to be willing to make an effort. After that, some phases of recovery may occur. Overall, we should follow a path that leads to the realisation of something we have found to be good.

### **Thought**

Asserting oneself in everyday life is necessary for a meaningful life. We want to achieve such an existence. Happiness in life should be possible for us. This requires a good path. I have found this path in preserving my possessions and using them to achieve something. Many moments of introspection have followed. In the process, I have realised what I am responsible for. I have assigned this to myself and found my place.

What in life comes from life is also something that rightly exists. Human thought naturally comes to the fore in us; it is the result of our actions. At the same time, it has become our conviction and our driving force.

## **Impulse**

### **The good**

People should take pride in themselves. We should simply point out and name some of the peculiarities of our goods. In this way, something can be said about them, but also something can be clarified.

Anyone who has acknowledged this is simply right. They should be able to cope with their thoughts and ideas.

There are quite a few fundamental goods. You have already done something right if you create a simple list of these things. Afterwards, we can illustrate what we have valued.

Equipped with such a key to something of immense importance for our lives, we are ready to go from there. All we need to do now is follow our path. That is what we want to achieve.

In the first step, we left everything as it was. This did not involve any change. Instead of shifting or distorting anything, we preceded all action with a collection and preserved it. We clarified what became clear to us by allowing everything to be as it was. Something fell away. What remained was the stable part of it. We did not lift what lay before us in the dust.

We distinguish between two levels within ourselves. On the one hand, there was a reason for everything, and on the other, we have a focus of our own that stands out from it. While the one is fundamentally fixed, the other has swung.

Everything we are depends on this main engine of our movement. It also depends on this how we are and what we achieve.

## **Impression**

### **Humans as storytellers**

Every person has their own story, which they know best. It certainly has something unique and worth telling about it. In order to gain a foothold within our own circles, it has been important for us to recount our story. To do this, we try it out in everyday life.

What we learn in the process should be more than just a reflection of ourselves. People listen and devote their attention to us. That moves something in us.

## **Documentation**

### **For your information**

People are expected to know what to say in any given situation. Those who lack examples will probably also lack the right words. They can neither understand nor comprehend what has conditioned them and why this will be the case.

Once someone has been unable to express themselves properly for a long time, their situation will hardly have improved. They are then forced to tread water because they have not contributed.

Let us evaluate our life situation. What questions have arisen for us? We will consider these quietly.

Once we have found something that is worth discussing with our fellow human beings, we should do so.

Then things will take a turn for the better. We want to share what has been troubling us and talk about what makes us happy. Both should be suitable for discussion.

## **Idea**

### **A person's story**

Every person has experienced something significant at some point, something that may have shaped them. That is what makes a person who they are. A person's story consists of the sum of things they know. They can talk about what happened to them because it has real value. They should be allowed to refer to the fact that this is true. It should be part of a person's dignity that they have the right to take themselves seriously. This allows them to finally come to terms with things and achieve something for themselves.

Furthermore, humans will perceive with some certainty that it is their right to speak of their existence. A person's possessions should continue to exist.

## **Documentation**

### **A deliberate restriction**

A person will be able to keep their possessions in order if they are sufficiently limited in scope. Everything that depends on them should be controlled by them. Only in this way will they be able to adequately manage their affairs. They will then strive to achieve unity in what has been given to them, so that it is comprehensible to them.

This will lead to a great deal of knowledge in humans. Such knowledge only needs to be applied to what is given in order to be useful. For this reason, Schneider has sometimes thought carefully about what has actually suited him well so far and can therefore continue to be accepted by him. He believes so firmly in the

Given the finiteness of the things in his existence, he tries to preserve them. He has therefore now begun to conclude his own good as a matter of fact. In this way, he will gain something in the end. At least, that is what he hopes.

## Documentation

### Personal responsibility

For me, what I want to achieve in life is related to the question of what this good actually does or means for other people. I was clueless about this for a long time, but I looked for a way out. I have not learned anything about people's true needs, except for the existence of the matter as an idea of mine. So far, other people have not had a need for the things I have already created. This need is practically imperceptible, which has sometimes shaken me a little.

I have tried to explore my things better over time and thus also to fathom what will be suitable for me. But my ignorance of other people's needs has increasingly put me in a state that has led me to become an 'art trash' activist. My own art is a driving force for me because I keep finding it to be a path for me.

I gradually distanced myself more clearly from the vicissitudes of fate that had befallen me personally and re-established something valuable within myself. When it was only partially realised, I already referred to the result as my base station or simply my foundation. As it continued to exist, I explored ways in which I could strengthen, stabilise and promote myself. Even if I do not recognise any actual system of order in the society around me, I still achieve many things in my work as a writer that are good for me. I would like to be able to show other people my way of thinking, which is unique to me, through words and images, i.e. works. However, it remains to be seen whether this is even feasible. The final word on the matter has not yet been spoken. Basically, my works, perhaps due to their unique position, require proper clarification. For me, this has been particularly exhausting when people have not listened to me properly. I am trying to get to the heart of what motivates me. I intend to do this conclusively at some point, but soon.

At times, such considerations have led me to examine my works for contamination, as it simply occurs through transmission in a person's life. Again and again, I look closely at what is happening and examine in detail what it is like and what it means. I want to recognise the value of my own things and stand by them. To do this, I need to focus on the whole. It will be this focus that makes what is given distinguishable, but also classifiable. What has occurred to me is not something I have to bear alone; it will also be my entire share in the world that strives for realisation. I am entitled to this, just as I am entitled to sort through my share of what is given. That is why I put some things away and leave them alone, because they did not really suit me.

I weigh up my actual thoughts and ideas as everyday life unfolds. Anything that did not originate with me did not suit me and was therefore not part of me. So I let it go. I would not want to cultivate something like that. I could not permanently tolerate the temporary dominance of some people within my existence. I have sometimes identified this as the cause of some of the evils I have experienced.

In my work, I try to limit myself to a sequence of thoughts and ideas that correspond to me. I do not omit any argument if it seems consistent to me. I consider each one of them individually, which is why each one should be allowed to stand on its own. I understand thoughts and ideas as phenomena of human activity. They complement each other so well because that is something that is possible. This should correspond to the laws of order. The argument should become a tool with which I can cultivate the substance of my thoughts. For this reason, my works should flourish. Foreign elements and my own elements grow equally in my environment. The world belongs to no one alone. No one can claim everything for themselves or even see themselves as the sole centre of it. No one will be so self-sufficient that they do not want to share in something that others possess or embody. That will be a good thing, as it happens to us. Let us therefore enter into an exchange with our fellow human beings as soon as possible.

## **Idea**

### **On the matter of truth**

Go home. Go to yourself, be at home there. Being with yourself does not always mean being on your own. You should win some friends for your cause and for yourself. So invite your friends to your home and show them your simple house. Send your friends away again so that they too can achieve what they are so good at. Change is the purpose of transformation. Let that happen. Wealth is thus likely to be found in abundance among those who may at times have been considered poor by others. Honesty does not make anyone rich, but it does bring some people a measure of happiness. It represents a true value of human existence.

## **Impulse**

### **Renunciation as a path**

Renunciation would be a path that does not lead anywhere, but is intended to initiate a transformation of a person's own habitus, because it is experienced intensely by them. Renunciation would not only be a temporary renunciation of something specific that one urgently needs. It would even be the renunciation of something that is to be permanent. The renunciation itself would be the happiness of the renouncer, if he were successful in doing so. This is what makes him strong, because he thus proves

what he depends on and how he overcomes that dependence. A change in the conditions of his life will occur. Thanks to such a transformation, man urgently recognises his own capabilities. Yes, it becomes clear to him, for freedom from attachment and condition has always been so.

However, even if one has achieved one's goals through all kinds of mortification, one will still not experience happiness. Suppressing human needs in oneself and others is a true peculiarity of human beings, but their lives remain unfulfilled in this way. This is inevitable, since they have denied their ego, which consists of needs, clings to matter and, despite all freedom, has lovingly entered into a single bond.

All moments of asceticism lead to such a realisation, unless one is not consistent in carrying it out. What Gautama Buddha previously demonstrated is to be outlined and briefly explained in this short section. The oppressive meditation of self-mortification torments and penetrates a person's ego to such an extent that one feels headless. But a person without an ego, without a head, without needs, must now be someone who can hardly stay with other people, because their headlessness will be obvious. How can they stand before others? Denying the mental context of human existence will drive them deeper into the forest. They will retreat until their inner light is so bright that they are blind to themselves. It is useless and unnecessary to allow such terror to overcome them.

Therefore, it is better not to turn away from people, to stick to one's needs, to have a head on one's shoulders and to preserve one's ego well. The self will be grateful to us for doing the right thing.

## **Idea**

### **Having a hard time**

The right path for a person can only be found within oneself. Everyone must choose their own path, as they are.

A person's sovereignty emanates from their own person. This determines them, because it is what makes them who they are, that they have existed and come into being.

## **Idea**

### **Heroism and yoga**

Have you ever met a superman in your life? Would you like to meet one? Would you consider yourself lucky if he told you how to get super stamina or how to move faster than lightning? If this applies to you, then you probably have similar expectations of yourself.

However, I can hardly know whether yoga will be a suitable discipline for you. But I ask you to keep this question in mind, because his disciplines can sometimes be difficult to achieve.

Well, what mysterious things will there be to learn in yoga? Are talents such as mind reading, levitation or telekinesis even relevant to human existence? What kinds of magic will have an enchanting effect once they are used? No matter how mysteriously it is described, it would not change what is predetermined for us. Some things are due to the freedom of human imagination. One can be mistaken about such matters, which can lead to serious consequences.

I'm afraid I have to tell you that I think it's right to rule out such things. If we think such boasts are useful, we might lose control of ourselves. We would probably soon lose our own sense of purpose in life. What use is an overly inflated lung, for goodness' sake? So let's not waste our energy on such things.

## **Documentation**

### **Adhering to higher principles**

In yoga, it can be so good to recognise something of your own sublime thought structures. If this happens to you, I recommend that you do not let it confuse you. Our oh-so-orderly actions in the moment often reveal more truth about ourselves when we look inward in this way. It would not always be easy for us to cope with this. But we should not be unreasonably afraid to accept life as it will be.

Within the order of the structural components of our actual consideration of the given, we probably find ourselves coping well at times. Some things are clear to us, and we try to secure a part of them. We are actually at home where we do something. But it would not always be pleasant. This existence also brings with it its own missteps.

One should use yoga in such a way that one continues to exist. One should not use it to put oneself into states that one cannot control. It should be there for what is appropriate, but one does not need it for anything else.

Taking a step back in everyday life can strengthen us. Some things should be determined by what we consider beneficial to our health. Those who exercise moderation in the long term deserve such natural praise from others.

Health, understood as a spontaneously occurring force, should be welcome in our lives.

However, it would not be possible to deliberately force it. Too much could be put at risk if we did so. Let us remember that a person's will can also be misused.

Let us remember once again what defines us. Let us relate the present moment to the conditions of existence and compare with each other what thoughts arise and appear. An inner image may arise for the first time. Let us simply assume that this is also possible for us. The thoughts and ideas that arise in us will have arisen of their own accord. So it will be true that they exist.



## **Documentation**

### **Virtue**

If we discuss a person's character in our presence, we must address the right issues. What we have observed should already be something true in itself.

So we are talking about this existence. That can mean many things. Let us put ourselves in the right light. Let us allow our fellow human beings to say something important. But let us also say something about ourselves.

## **Impulse**

### **Dependence, freedom and detachment**

The designer should create something edifying so that his creations can be put to good use. That is where he begins to accomplish his tasks. He starts with a framework that can be correctly recognised as the 'construct'. Everything about it should be defined and interconnected. He has only familiar means at his disposal for this. He can use these. Something emerges thanks to the construction of these things. The result of this should be the true starting point for his current work. Starting from such a framework, the worker will carry out his experiments in order to create a work based on it. What can be created in the process is what he has brought about.

From now on, such a framework will be prescribed for Schneider's work. With the help of the 'building blocks', he can set something up. This will certainly make it possible to unleash the design of his own property.

## **Idea**

### **Sticking to something**

I would not be able to say what constitutes thinking in another person. For me, at any rate, it is a normal circumstance that I remember my thoughts and acknowledge their occurrence. That is how I accept them. I can recognise them temporarily. I have assessed ordinary thinking, as it has arisen in me, as something that has been given to me. Such a state of affairs suits me. The thoughts seem, at least in part, to belong to my own feelings.

## Thought

### Enlightenment

Without possessing a certain form of inner imagery, can one make it clear to another how to understand something like enlightenment? Shouldn't we simply make it easy for ourselves and point out what needs to be established so that it becomes sufficiently clear? Words and images, sounds and writing are memorable when they appear. Then one can orient oneself by them. To this end, we should write something down or record it so that it can finally be perceived.

Well, as a well-read person, which I am, I have already heard a few thoughts and ideas from other people about what enlightenment should be. I would like to reproduce here, in approximate terms, a particularly beautiful phrase from my memory. It comes from the wife of a very good friend.

Enlightenment is a subtle experience of one's own feelings that one has when one has achieved something with a certain degree of success in the service of another person.

## Speech formation

### Disasters and juggling

Splish, splash, the water is wet. Yes, it's raining. Whoo, whoo, the wind cools what was previously wet. It blows the water away, which makes us freeze because it has cooled us down. When the sun shines, we finally feel warm again. If it gets too much for us, we look for a place in the shade. There we feel safe and secure from the effects of the climate on us. But if we do without the climate for too long, we become lazy. Then what no one really wants to see comes to light. Our faces become dull and sallow. Taking it easy would not do us any good in the long run. We finally have to go out again and experience something. It's so great out there. Just think of all the things we've already experienced. There have even been cloudbursts at times. Splish, splash, the water is wet...

## Thought

### Changeable events

Anyone who has been working intensively for a long time to achieve their goal may eventually tire and find that they cannot do any more for this cause than they have already done. Then they will probably throw in the towel and prefer to fail rather than continue to strive in vain for something so pointless. What can they gain from this cause, since it has not led to anything worthwhile for them?

Evil has a pull on us. It weakens us. All passion leaves us and we sink into lost darkness. Again and again in our lives, we face our own downfall and try to free ourselves from it, because otherwise we will fail.

We want to improve our lives soon. Sometimes we have even acquired certain goods for ourselves to this end. We know one thing for sure. Only those who have got up a second time to achieve their goal will be able to assert its meaning so that it happens.

### **Idea**

Outside, the wind blows around the house. You should not be foolish. Keep going what was once young and strong. Even if the shutters rattle, it is still your house. It stands firm and defies its surroundings. It will continue to offer you protection. Preserve it.

### **Thought**

## **Talk to friends**

There is no topic more important than life. Those who have talked about it with friends let them share in it. Then they will have to decide. Those who want to leave everything behind may go. Those who want to stay should share in it.

### **Documentation**

## **Introspectives**

I am writing the book that was missing from my library. A good friend recently said this about me. He also mentioned that I had written an introspective piece. What I have written down is meaningful to me.

I have to agree with this friend. He is right. What I have said in my writings represents the truth of my life from my point of view. The approach I have taken has given me a real perspective, thanks to which I am now even successful in my career. At other times, this has not been the case. At other times, however, I have not been able to bring order to my affairs.

This introspective is a collection of writings that allows me to express and weigh my own thoughts as they exist within me. In doing so, I express them linguistically. The fallacy of my speech thus becomes obvious. It will be evident.

Because of this, I took on a lot that was difficult to cope with at first. It knocked me down, even crushed me. The level sank lower and lower, and all my possessions lost their value. At some point, they became worthless. But the downward spiral has still not ended.

Meanwhile, I have come to see this downward spiral as the true principle of life. The loss of goodness is the driving force. This drive consumes us. It extinguishes us.

Even doing nothing has not helped. Life slips away from us with every passing minute we experience. That used to frighten me. Whatever I achieved in this life, at some point it slipped away from me again.

## Documentation

### The truth must be told

I am detaching myself. I am detaching myself from everything. The good and the bad, I have not kept it for myself in the long run. I have not preserved it for myself in the long run. It has all been too much for me.

What I needed was not always available to me in sufficient quantities. I didn't even have enough for myself. That affected me. I suffered some unnecessary damage as a result. Many good things became impossible for me.

The punishments imposed on me made it impossible for me to live my life as it should have been lived. I was crushed. I had no room to breathe.

This metaphor expresses what happened to me. I lived through it too. In particular, the drudgery and the malice of other people caused me a lot of trouble in the aftermath.

## Documentation

### References

Those who are nothing and have nothing need a reference. They can go to their advocate and offer them a deal. What is demanded must also be delivered.

Everyone gets what they deserve. You get it once.

The nature of the world is clear. It is beautiful and terrible. It is both at the same time. The same thing that lifted us up also brought us to our knees. We refused to accept the world and realised that it was not good for us. If we need the world, then we also need a reference. It should give us a place. There we can excel and appear better than others.

But without such a reference, we would not even be allowed to speak. We were not needed.

We were ignored. We fell down. So no one spoke well of us. Many things came upon us.

We are bringing all this up here so that people can make sense of it. We know that we could not have done without our own luck, but we did not experience much luck. Instead, people said too much, did too much and decided too much. None of that did any good.

That is our nature. We are human beings. We did not make ourselves that way. We did not even choose to be that way. In our belief in the great loss, we see more truth than can be found in civilisation. We conclude that everything that was no good was bad.

In this way, we express our own feelings. They are of a kind that corresponds to our experience. What we believe to be possible is that people talk too much.

Instead of saying so much, they would do better to look within themselves and remain silent.

# The basket

## Thought

The basket represents an object that can be passed on. It will most likely contain something, because it is a container. You can put something in a basket and then take it with you. Otherwise, the basket will be empty. These are our gifts, which we can pass on to other people thanks to a basket. Like a torch, which is used to pass on light, the basket also has a function in the development of social skills.

How we humans interact with each other in this existence determines what happens to us culturally. Culture is the fundamental principle of a state. What belongs to it will be understandable to people.

## Documentation

## Power of memory

To improve my mental strength, I organise my actions in a simple way. I try to prove myself. In doing so, I have for quite some time given my most recent thoughts the significance of primary thoughts. In this way, I have acknowledged my own nature. What has come about on its own already has substance. Otherwise, it would not be so. That is why I have come to assign this weight to my most recent thoughts. This has always served me well.

Sometimes I have reflected on thoughts I have already experienced. I try to preserve what has occurred to me.

Time and again, I weave something familiar into a basket of rushes. Sometimes it is just individual terms that I consider. Sometimes, however, these terms also function as keys to mysterious doors in my house of cards made of thoughts and ideas. This sometimes results in something very special for me. On the map of my life, thoughts are like a labyrinth that you have to fully understand before you can enter it.

It takes a great deal of memory power to survive in this life. We protect what we are from decline as much as possible. To do this, we must recognise what things are good for. By taking our own experiences into account, we refer to true events.

## **Thought**

People strive for happiness in their existence. They want to lead a beautiful life. They want their behaviour to be something that suits them well. They value this.

The meaning of life is to preserve the basis for life. Only what lasts can continue to exist. So we preserve what is good and protect it from loss. We recognise decline as a temporal principle, but we strive to limit its effects. We are committed to preservation.

We realise that our possibilities are limited. Everything is finite. It has not always been possible to achieve everything. That is why we also expect losses.

## **Documentation**

### **An experiment**

Let thoughts be thoughts. Allow them and accept whatever feelings arise in you at this moment.

## **Documentation**

### **A process of elimination**

Everything and nothing has meaning in our lives. We can change this determination, but in doing so we are doing everything wrong, because it would not be arbitrary how something is to be understood. We proceed with our thoughts and ideas in a strict manner. We learn to justify our behaviour. Lesson by lesson, we experience our own fallibility.

We have no choice but to acknowledge the things that are true.

The world we live in is like a garden for us. Something thrives in it. But much also perishes in it because it has not been handled properly. Here we learn once again how fallible we are. Some valuable plants die. Some seeds rot. Life is relentless. Only when you fulfil what life needs to be true does it thrive in a good way.

We had the idea of the universal human being and realised that we had to be as much like him as possible if we wanted to serve as role models for our fellow human beings. Only in the position of role models will we be able to assert ourselves as artists. Activism is easy, but it requires comprehensive efforts if one wants to be a universal human being. We do not want to fall below that, we could not rise above it.

This means something to us. The opportunity for arbitrariness in our own being no longer existed. It is just as wrong as everything else that lacks clarity will be wrong.

The magnitudes of physical nature are characterised by clarity. What prevents us humans from accepting that the relationships of our existence are also clear? - We eliminate all variants of indisposition.

### **Thought**

We use the time we have to transcend this existence into a meaningful one.

### **Thought**

## **Respect**

If you want to do something good for someone, you shouldn't feel like you're losing something in the process.

### **Impulse**

## **Incompatibility**

If you didn't support someone's decisions, you shouldn't criticise them either.

### **Documentation**

Over time, I have become more confident in my writing. I didn't trust the flow of my thoughts before, but I practised accepting myself as I am. That's how I appear, too.

Over the years, I have built up my own confidence in myself through my work. It represents a real gain. My quality of life has improved.

In this life, I have broken with everything that was incompatible with myself. I have not read any books by other authors since I realised that I can draw on my own memories for what I have to say.

My approach is as follows. This world is the same for all people. Therefore, the experiences we humans can have with ourselves and the world will also be the same.

Those who believed that they were special in nature only considered a fraction of their existence. Basically, all people are like this. What is special about us is insignificant to other people.

Limiting the material I deal with has done me a lot of good. I weigh things according to how often they appear. That way, I can tell whether things are relevant to me.

I have placed importance on being smart in relation to my inner self. I assume that I myself am the gateway to this world for my soul. While I recognise it as a transcendental dimension, I embody its essence. Its companions are also mine.

## **Thought**

The word I have spoken complements something that has appeared in me. The one goes hand in hand with the other. Things occur in combination. Unity prevails. It is one of the guarantees for a better life.

## **Impulse**

## **Virtue**

'Cobbler, stick to your last.' That is a quote. It is a German proverb. I would now like to reveal the essence of this simple sentence by interpreting it.

- The cobbler needs lasts to do his work.
- The cobbler should use the lasts that he has made himself. He knows them well.
- The last is an essential tool for the cobbler to make a well-fitting shoe.
- The cobbler should make himself useful.
- The cobbler should not deviate from what he knows well.
- It is obvious for a cobbler to use his own tools.
- Happiness lies in craftsmanship.

Since this saying is commonly used, it should, objectively speaking, also be applicable to other professional fields.

## **Impulse**

What has been said has a lasting effect on us humans. The things that affect us are temporary. Everything has its time window in which it can be experienced.

## **Impulse**

Let us break away from false connections. Let us put an end to the distortions that have already affected us. They are of an additional nature and hardly correspond to our true nature.

## **Idea**

## **Let thoughts be thoughts**

Thoughts that occur daily are regularly recurring impulses from ourselves that we should hold on to. We recognise that they are important to us. What we have thought is based on inner impulses that come from within ourselves.



**Idea**

## Defence

Teachers do not impart actual knowledge. They basically impart habits. Comprehensive knowledge cannot exist in us humans. But those who do not have comprehensive knowledge cannot describe their abilities as knowledge either.

**Impulse**

Something that has no reason would not occur.

**Thought**

Some words are like impulses. That is how we view them. These flashes of inspiration testify to our ability to comprehend something.

**Impulse**

Our way of working determines the result of our own actions. Everything will be bad if we neglect it.

**Language**

## Equation

What we have done also has its seed. What is to become strength becomes strength.

**Impulse**

Thanks to our own thoughts, we can determine what we want to say.

## **Documentation**

### **The overflowing area**

Every physical event has its own characteristics. This culminates in a state. Such a state occurs temporarily.

That is a given. The capacity of a thing is that it appears. The way it does so results from the relationships that constitute the thing. First and foremost, it concerns the actual environment. It is in an exchange with it, in resonance. A thing may or may not be in harmony. In any case, it will exist. The fact that it exists has an effect.

We observe our environment. We pay particular attention to mechanisms that affect us. They are intense. We feel what this means for us. After an event, it continues to have an effect on us.

The circumstances vary in our case. We classify everything, but we need time to recognise the patterns.

## **Impulse**

Less X is more U.

## **Thought**

Sometimes you can't see the trees for the forest. Then you wouldn't be able to count them.

## **Thought**

The squirrel feeds laboriously, but it gets full.

## **Idea**

### **Transmitter, transmitter, resonator**

Every object is suitable for creating a surface that sends something, transmits something and produces a resonance. There would be nothing relevant in the depths. Everything takes place at the edge.

The neutrality of all other components is a prerequisite for the performance of an object. Appearance always stands out from everything else and determines the value of things. We know one thing. One cannot exist without the other.

## **Impulse**

It takes a long time for us to do something right, but we have always learned something.

## **Thought**

Excessive behaviour can lead to imbalance in humans. Imbalances in humans sometimes make them ill. So we fight against bad habits. We wean ourselves off these habits. We do this by identifying the relevant factors that have led to imbalance in us. Once we know these factors, we would do well to minimise them.

Being human means that major interventions in our lives also have a significant impact on us. This is where we introduce the concept of time into our considerations. We believe it is possible to continue our habits if we pursue them less frequently.

By allowing time between the moments that cause us to lose our balance, we can partially counteract them. Once we reach a certain point of improvement, we feel capable of correcting our own behaviour. Then we are back in control.

## **Idea**

## **Raison d'être**

Mathias Schneider is a well-read person. He has read many works by other authors. Some of them he has considered with greater interest than others.

The author of the wiki 'Hatha' writes an introspective piece that can be found in the wikis of his 'Baukasten' file. He is a thoroughbred fantasist. He is an esoteric author. He is this because he wants to be objective, even though he has written stubborn writings.

In his works, he reflects what he knows. His speeches and conversations are the true starting point for the creation of his works. He reflects on what he has written through his own channels, based on the things he knows. Whether these channels are familiar to other people is something that remains to be seen. The places where Mathias Schneider has spent his life have not been relevant to everyone. Nor are the directions or maps relevant to those who do not live in the same area as him.

He himself says that his statements and speeches are of esoteric origin, or at least should be considered esoteric in value. In doing so, he has once again placed himself on the worst possible starting point and equated himself with it.

What he has to do now is to integrate his base here on site and thus demonstrate how comprehensive his knowledge really is. In retrospect, we will be able to see what good Mathias Schneider has done. His works are there, they can be viewed and read.

Anyone who has an opinion on the same topics as him can compare it with his thoughts. Mathias Schneider is therefore looking forward to the expected exchange with them.

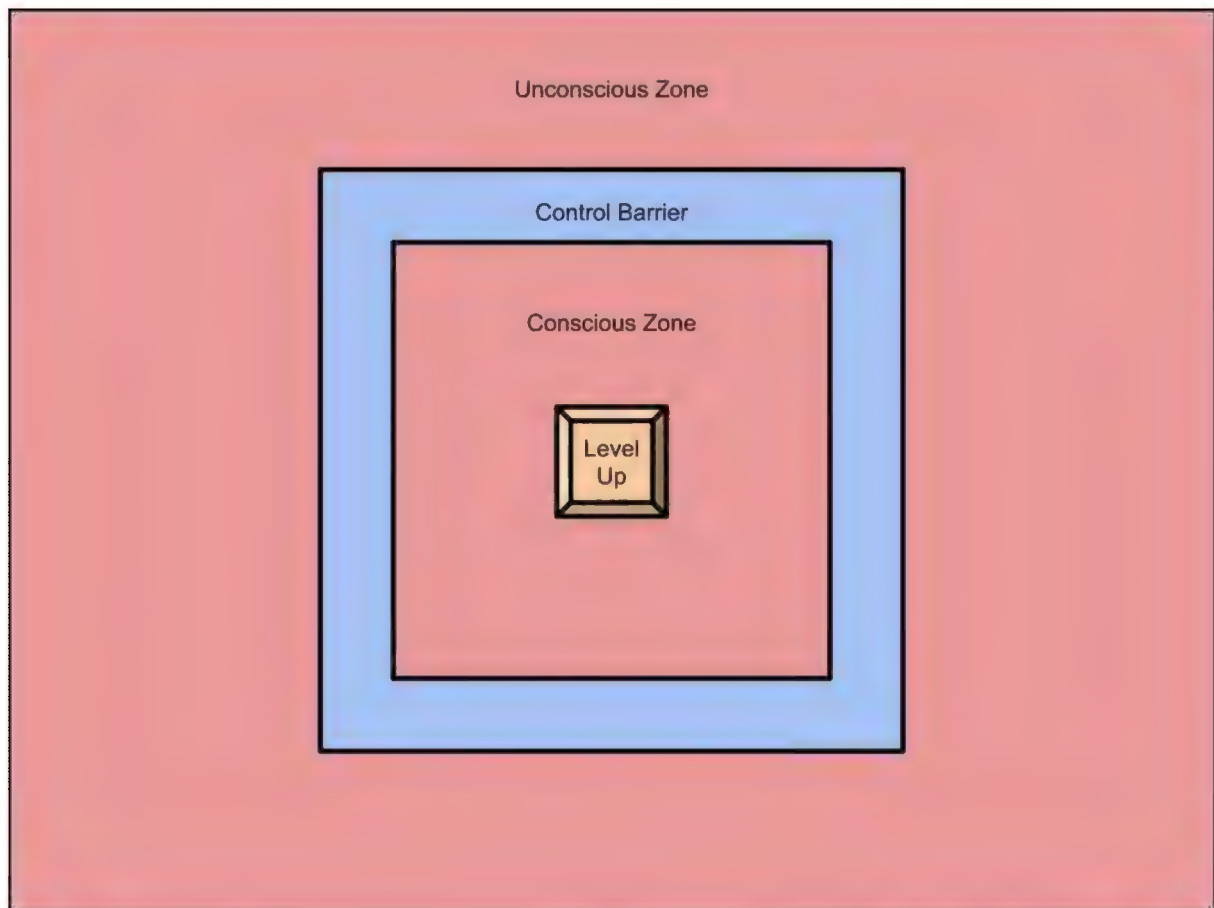


Image: The barrier and the upgrade

## Documentation

## Dissonances

A person's genius is revealed through their behaviour. Those who know how to live also know how to get along with themselves.

A psychologist recognises three forms of application of human components.

- Conduciveness
- Stabilisation
- Strengthening

What needs to be done depends on the situation. It can be said that his commitment to people pays off.

However, above all human virtues is the very existence of being human. Someone who is no longer human would be of no help to us. We would inevitably lose our faith in their support. We would consider their powers dispensable.

## **Documentation**

I treat things I don't remember as if they were foreign to me. I approach them with all due caution.

What I need for myself should be tailored to me. I know that very well. I suspect that everyone else feels the same way, that they only want what suits them best.

## **Documentation**

## **Small units**

I favour manageable things. What I have not limited has not opened up to me.

I apply my standards in a dimension that has something to do with me. I do everything the way I need to. My nature is inspired by the cause I stand for.

## **Thought**

Those who take things too lightly let them slip away. We kept quiet about something. What we did manage to resolve, we at least managed to keep under control. Our freedom consisted solely in recognising what would be impossible for us at that moment.

## **Impulse**

## **Moments**

In my life, I approach things in as equal a manner as possible. I adapt my behaviour accordingly. Where possible, I have not pretended to be someone I am not.

What is important to me means something to me. I have access to my own things. Of course, they are of personal significance to me.

Here I go one step further.

Encountering other people puts them in the same position I find myself in. They make my existence an event. I become a thing to them. But they, too, will be perceived as objects to me.

This is a fact, but it does not concern me. It cannot be changed. It is a law of nature that everyone experiences their own realm alone.

We base our experiences on what we know. It would be risky to trust what we hear from other people. That is no better than the fads that people have been so intensely preoccupied with.

At all times, people have acted spontaneously. You don't need a contract with yourself. That is how they have been healthy and remained so.

Only when they stray from the path and fall too hard do people die in this existence.

**Thought**

Everything that exists also has its reflexive aspects. A man loves his wife as he loves himself. She responds to her husband's love as she has already responded to herself. In fulfilment, the seeds sprout and life is reborn. The woman passes on what she has received. She gives it to her children. In this way, everyone receives what they need to live.

**Impulse**

Life is a downward spiral. That is how it should be understood. Whenever something new has developed, something else has previously gone awry. Nothing has been as costly to learn as progress.

**Impulse**

The special thing about my existence is that I have not been there for myself alone when I am for myself.

**Thought**

Reflexes burst forth from us, reflexes die away. We care about our own existence. It is connected to life as a human being.

**Documentation**

I am working on deriving a logical sequence for my actions and the associated spectrum of states that affect me. Whatever I do, it has something to do with something that I have already set in motion. I have not cut the ropes. The connection between me and my own things should continue to exist.

**Impulse**

All people are equal.

**Impulse**

Anyone who wouldn't know what to do with their freedom has never had any.

**Impulse**

This society causes damage in very subtle ways. What it has taken from people is impossible to counteract. Not even a charge has been possible.

**Documentation**

As a human being, I have been advised to stay within certain boundaries. I have been treated with hostility whenever I have strayed from this prescribed territory. Even my thoughts have been restricted.

At some point, I started to take what was obvious to me seriously. Then my behaviour was no longer directed against other people.

I learned to be there for the people who were also present. This opened up opportunities for me. At a certain point, I also found the happiness I had wished for myself.

**Thought**

Some things are at risk when you discuss them with idiots.

**Documentation**

What we have established from our things, we have also anchored. Then it turned out that our things needed to be clarified. What was clear to us, we also perceived as such.

We equipped ourselves with good thoughts and were ready to take action. Our behaviour is affirmative. In the best case, that is true.

It is a given for us that we like to adhere to the rules that we know well. We believe that how everyone lives their life is their own business.

What we expected of ourselves will be like a work of art. We say something, but we also mean what we say. In this way, we keep our own words. What we are and how we act are closely related. We have rightly confirmed what we thought was good.

By combining our strengths, we have been able to create an image in our own minds that strengthens our morals. What we expected of ourselves arose from this idea.

**Thought**

People can only know what they know.

**Impulse**

From here to there, there is a path that one must first walk in order to experience what it means to have walked this path.

## **Impulse**

## **Vectors**

Something becomes trivial when it can be used as a starting point for many different things. We have brought our own essence to such a level. What we have said about it has been trivial in nature. Whatever we once intended with it has evaporated at some point. All that remains is the basis, which continues to exist to this day.

There we familiarised ourselves with our own things. In retrospect, we read our own writings and construct new worlds. We have largely revoked the special things that were mentioned earlier. We have gladly retreated to our foundation.

## **Thought**

If one assumes a more or less pronounced dysmorphia of human self-perception, then one need only leave everything as it is in order to adopt my basic position.

The thoughts I have expressed reveal my true nature. I am consistent with them. I stand by what I have thought. I make it come true.

## **Idea**

## **A first step**

Man has fallen. This may have made him aware of his situation and ultimately given him consciousness.

In order to maintain stable consciousness, one needs three independent positions that are accompanied by a view of the same facts.

Human beings have a sense for what appears in their own field of vision and can be seen from three positions at the same time. This is their sense of thought. They can imagine it because of this peculiarity of their nature.

This initial input from his mind is merely an input.



## **Documentation**

I have read many books, of which I have understood little more than half. At some point, due to my idiosyncrasies as a person, I began to view these books in the way I wanted to. So when I finally became congruent with myself, I saw these books with my own eyes. Then I noticed the peculiarities of these works. I thus realised that their essence and my essence did not fit well together. As a result, I removed some books from my library.

Other books have gained greater significance for me.

However, when I set out to express my own knowledge in the form of speech formation, I stopped reading books altogether. It suited me better not to mix these things together, but to pursue them separately.

I saw myself as the executing organ and initially formed my words in a manner that was more or less capricious. Reading the texts I had written took a considerable amount of energy at that time.

As my output increased, this quality of my writing also had an increasingly negative effect on me. I became entangled in my own moods. As a way out of this predicament, I abstained from writing further texts for several months

. During this time, I still looked at the works I had produced, but I did not add to them. In this way, I rediscovered my own strength and soon realised what I actually needed for myself and what I should refrain from doing.

## **Thought**

## **Nucleus**

As a language designer, I know a few good phrases that can help me get off to a good start if I need to.

Basically, my literary works are a way of communicating the thoughts and ideas I postulate. I make these works available to readers online and hope they will be useful to them. My success in this has strengthened my confidence in myself. I was delighted with my own work and made what can be found here a reality.

Speech formation is a profession that aims to train a person's linguistic understanding. I have used many different words in my writings. I have highlighted their characteristics and at the same time specified how they should be used. This has served me well.

What I have not done, however, is to give these things their meaning. Such meaning exists in itself through the linguistic circumstances. It only needs to be recognised.

# Form and force

## Thought

### Distinctions

In addition to the headings, which can be very distinctive, I use relatively uniform subheadings for my texts, which I place at the beginning of the texts. These mainly include the following four terms.

- Documentation
- Thought
- Idea
- Impulse

I would like to say something about this. The text genre 'documentation' should be used for things that have something to do with me as a person in particular. This sets it apart from the other three terms.

I have described a position that I have taken verbally as being as neutral as possible.

By an idea, I mean a realised thought that is suitable for communicating an object, including a concept.

I now consider a word to be an impulse when it sets something in motion. This is equivalent to activation and excludes neutrality as a position.

## Documentation

### The building blocks

Working on the structure of one's own thoughts is something that would require more than just insight into human existence. It will be advantageous to be able to depict what one wants to imagine.

I refer to this approach to language as language design and apply it directly to my own writing. This means that I read my texts and constantly revise them in order to redefine how I want them to come across. My aim in doing so is to preserve the essence of the matter at hand. Such a core certainly exists in every thought and every idea, i.e. it belongs to every thing. We consistently recognise this core as something that can exist separately and is therefore complete in some way. Then there is no longer any direct access to it.

The essence of human beings is such a core. It also embodies what has not been said. It should be clear that the core occurs in thoughts and is also taken into account there. What we have thought about continually shapes us.

## **Impulse**

Human existence has its phases. It is carried along in waves and has its good times, but also its bad times.

## **Documentation**

## **Motivation**

To make my works, such as my writings, easier to understand, I also write about their creation. I put a lot of effort into this. What I have created should be presented in a comprehensible way.

So, time and again, I talk about my work and thereby clarify something that should be obvious to the reader. Over time, I then dare to add slightly more complex structures. These consist of substructures that are easy to put together.

If something is incomprehensible to someone, it blocks that person's perception. That is why I proceed meticulously when describing my work and try to reproduce it accurately.

The fact that one thing builds on another should be understandable. What I have already said or written naturally flows into my thoughts and brings back memories on which I base my work.

It would be important to let other people share in your own cause. When you reach out to other people with your ideas, you are more likely to find resonance and be accepted. I'm just saying it as I see it. It must be good for something that I express my thoughts and ideas.

## **Impulse**

## **The position of human beings**

We talk about the things we know. This reveals what we know. We recognise what we want to do for the cause in question and also determine whether it is even possible. What we call upon also appears in us. That is why we strive to find the right words. We are committed to empowering people. At the very least, they should be able to fulfil their human role. That already requires a lot.

## **Thought**

Aesthetics should be understood as one of the keys to a good quality of life.

## **Impulse**

One should consider for oneself what one would like to say and what is better left unsaid. Every thought that is well-formed linguistically can also remain with us as a thought. We just haven't spoken it out loud.

Something has multiplied within us. What could it be that is composed of the unspoken but benign thoughts we humans form? Silence is sometimes something that can strengthen us. We become strong thanks to the thoughts we form, because they constitute our understanding.

## **Idea**

### **Three cosmoses**

Human existence is defined by the sum of the whole that has already shaped us. This is where we learn what we have heard about the world.

Sometimes we are big, sometimes we are small. These are relationships. They determine our relationship to the whole.

The whole can be many things. A stone in our hand, an item of clothing or simply a patch on our trousers. At the same time, we are also part of a whole. This gives us something to work with. We prefer to make ourselves independent of what has been given to us. However, we have only succeeded in doing so to a limited extent.

We have best expressed our independence by saying that we live in the world, but are not of this world. This is how we determine what is our own.

We ourselves embody the third cosmic structure. It is also independent and should be viewed as such. We are something unique.

The fact that we are a separate cosmos unto ourselves has little to do with the individual and his characteristics. Rather, we are capable of life from within ourselves.

One can now take note of these facts or one must leave them alone. Those who want to bring order to their affairs would do well to acknowledge what will be true.

These three qualities in turn form one for the whole. Each of the three qualities is fully equipped with all the characteristics of a human being.

## **Impulse**

### **Everyone is on their own**

Stand up for yourself. What moves a person is what they make come true. Sometimes we are pushed and pulled, but we always manage to pull ourselves out of the mess. We need insight into our existence and its meaning. That is why we concern ourselves with this existence in life. What we have done for ourselves has an effect.

## **Thought**

### **Acceptance**

It is not possible to completely rethink everything. Some knowledge must be preserved if we want to understand what we are looking at.

When our mind grasps what is given, something blossoms within us. Life ascends to its true level.

## **Documentation**

### **The reduction of one's own frequencies**

The resonance we experience can be reduced. This creates clarity for us. What is possible for us is to reduce both its absolute occurrence and its existence. To do this, we reduce it. We are neither stiff and straight, i.e. stubborn, nor have we been crooked. We have gladly kept both of these traits to ourselves. The realisation of the human being can also be achieved indirectly. What we have left behind, we have also accepted and confirmed at some point.

Those who have lifted the overdetermination of their person are well off.

# Reference and synchronisation

## Documentation

### A process

Life has its moments. What we have experienced also brings something with it. Most of the time, we respond directly to what is given. In doing so, we act in the usual way. We make true what we already know.

But when we practise our posture, we satisfy a special need within ourselves. We look at ourselves and perform the movements with our hands. They are the starting point for our actions. The palms of our hands are directly connected to our surroundings and therefore embody the interface with the familiar. We open our hands and close them again.

We can position our hands ourselves. To do this, we moved our arms. In the following, I would now like to introduce you to the simple range of movements that I have been using for quite some time to try to eliminate the restlessness in my movements.

- Experiencing the centre and being present.
- Front, right, left, bottom, top – the hand movements occur in sequence or in variation. We want to find our way back to the centre.

We then bring this sequence to a close and move our hands back to our centre.

## Thought

People appear hasty when they do not allow time to work for their cause and for themselves.

## Thought

### Uniqueness

The cosmos should rightly be understood as a balanced system. This system, which is somehow in motion, continues to exist. Everything follows a general principle of conservation. This will primarily be a self-preservation of things. Everything that exists has relevance. In relation to itself, this relevance is of complete value. All things that are further away have a reduced significance for the respective thing due to their distance from it. These distances determine the cosmic structure. Only that which is positionally identical with itself will also be at rest within itself. Then it is centred within itself and has the elementary full equipment according to the characteristics it exhibits. In this way, things vibrate and can rise.

Nothing is upheld by humans because of their awareness of the thing that means something to them. Everything is only relevant because of its proximity to us. A force must first accumulate locally before anything can be achieved by us.

### **Impulse**

I know what I actually want to say, but I still have to find the right words for it. I have done nothing to make my things begin to flow. Instead, I have stopped everything that drains my energy.

### **Impulse**

## **Confession**

Every person has their own method of communicating something.

Mathias Schneider has been collecting his thoughts and ideas for many years. He writes them down, only to then purge them of their rotten parts. A clear-cutting has already taken place. It has been necessary to thicken the brew of words. Much of what he has noted down has been of no weight to his cause. Then he deletes it as soon as he realises this.

Mathias Schneider understands a straight path to be a path without long detours. He wants to follow such a path. That will be good for him. Everything follows on directly from one thing to the next and is therefore also interdependent.

True to this guideline for a straight path, he has now combed through some of his writings and cleared away some of the rubbish. What he has deleted should no longer affect him. Once his path is bathed in a favourable light, his work will also be successful. Then he can look forward to something good happening.

It is already clear what his writings are suitable for.

### **Impulse**

All people leap over their shadows. How could it be otherwise? Light and shadow are linked. Where there is no shadow, there will be no light.

## **Idea**

### **Self-image**

A person's perception arises after initiation. We can perceive what we have recognised as a path. So we follow the paths we know. That is what we are used to.

When we look within ourselves, which we like to do with our eyes closed, nothing should disturb us. We want to surrender ourselves. We lose ourselves in our visions.

From time to time, I see images of people who are somewhere doing something. I immediately identify with them. I tell myself that I am the one who appears before me in my visions.

## **Documentation**

### **A good state**

Human beings have a single state that defines them as a whole. They perceive themselves in a similar way. This is supposed to be the state of unity, which is characterised by being undivided.

We humans have something that is unique to us and that we like very much.

We are on a path in this existence. We set out on this path from a useful state of affairs that means something to us. But over the years, we have unfortunately lost this belief in ourselves. We have literally given it up. The adversities of our existence have caused us to fail in this regard.

We have been confronted time and again with the fact that our ways are bad. We have been accused of many different things in this life. In the end, we despaired.

At some point, however, we realised that we should listen to our fellow human beings. They told us what they did for good reason. Every person acts to the best of their knowledge and belief. This also applied to our fellow human beings. It would be normal to think so.

Without maintaining faith in humanity, it is difficult to survive as a human being. It is difficult to be a good person yourself if you do not know a safe haven.

What we have thought before also moves us. We have felt an inner guidance and respected the limits of our own mobility.

Sometimes we remained silent. Sometimes we refrained from all kinds of sympathy.

Getting involved in everything has not always been a good thing. Some things have to be mastered successfully. To do this, you have to recognise and fulfil the applicable conditions.

This should have a positive effect. Such success requires preparation. We have determined what we can already do and what we still need to learn. Then we have done something well when we have fully understood what it is good for.



In this way, we not only made ourselves ready for this existence, we also enjoyed appearing in the world accordingly and standing there in a good way.

### **Thought**

## **Normality**

I connect my current knowledge with what I have already recognised as true. I have repositioned myself with my own words. I believe that something good emanates from us humans in this life. That should release happiness.

### **Thought**

A person's ability to do something also means that they can refrain from doing something they do not like. I refer to this as their freedom. It is granted by the freedom of their decision. Freedom has always seemed limited because all people share in it in the same way. There is only a limited area in which each person can move freely. Only one person can be in one position at a time. This results in a structure of events in our lives and the circumstances of this world for us. They are benign in nature. We believe that. So it will be all right.

### **Impulse**

I have done what I could to assert myself in this life. In doing so, I have confirmed something that seems to be true for me.

Sometimes I read, painted or wrote. Sometimes I played music. I think that people are healthy when they enjoy such things. That's how I saw myself, but I also asserted myself by fighting for my own joy and standing up for my happiness.

I couldn't answer the question of why my possessions were hardly enough for other people. I accepted it and think it must be true.

### **Impulse**

No one can put excessive strain on themselves permanently. That's where we draw the line. People want to be able to breathe freely. To do so, they should free themselves from all kinds of unnecessary burdens.

### **Thought**

Say a lot, but talk little – that is what we want to do. That is how we stick to what we have committed ourselves to.

The phenomena of nature affect us. They involve transformations that allow us to experience something. We recognise a wide variety of stressors. We ourselves play a part in them. To a certain extent, we are the cause of our own suffering. Where possible, we maintain what matters to us. This provides us with mental stability. It does us good.

We have put a stop to the changeability of things.

The phenomena of this world have already largely settled down. We encounter them in their natural state. Calm prevails among us, which we greatly appreciate. We can do something for ourselves.

As human beings, we are confronted with different phenomena that represent certain magnitudes. We have accepted everything as it has already happened to us. We have not distorted any of it as far as possible. Starting from this calm moment of serenity, we soon found our way back to clear thoughts and reflection.

### **Phenomenal**

## **Stabilisation**

In this world, everything strives to release excess energy into its surroundings. We know this from thermodynamics, which we studied earlier. The state in which an object has already released its excess energy is described as stable. The object then knows how to maintain its state. Its variability is interrupted. In this way, it can settle into harmony and attain its higher nature.

### **Impulse**

Those who have turned everything upside down should not be surprised when their plans fail.

### **Thought**

A type of energy exists and can yet be transformed again. Something is constantly on the move. One thing becomes another, everything is kept in this flow. Thus, everything appears, but everything also changes. Things are constantly striving to live up to their inner state. This process never ends. Everything will always remain in motion.

### **Thought**

There is no reasonable alternative to human health. People want to be compatible with their fellow human beings.

## **Documentation**

### **Chain**

Relationships between people are as precious and unique as snowflakes. Thanks to the appearance of their friendships, people find special moments. What has fulfilled their existence is like light. You can experience it, but you can hardly hold on to it. No one will ever possess the light.

### **Thought**

The principle of decline orders things in this world. Humans appear subordinate to things. What they have correctly recognised from what is given leads them to act in their own way. We knew something there. If you want to achieve something good for yourself, you have to do something for it.

### **Impulse**

A person's actions represent a contribution. A person's actions should not harm them, but rather benefit them. Something embodies their vitality, which reveals how they appeared to their fellow human beings.

### **Idea**

### **Form over force**

We like to live our own lives. We know that a good balance will be enough to master this human existence.

### **Impulse**

The greater can restrain or discipline the lesser, but only the lesser can strengthen the greater.

### **Idea**

People carry a certain image within themselves with which they have already identified.

## **Order**

### **A seedling**

We are happy to name something that is true. Human beings have a history. The story of a life can be told. We preserve the memory of a person, or it is lost.

## **Thought**

What has existed also exists. It has happened before. It can happen again.

Thus, we have become existentialists. We trace things back to what made them appear, thanks to the appropriate opportunity.

## **Thought**

### **From simple work**

Adopting a simple basic attitude should be the starting point for us, from which we can achieve something good.

## **Idea**

Everything that has ever happened in this world can be traced back to individual people.

## **Thought**

Anyone who thinks highly of themselves has sought out a task for themselves that they want to accomplish.

## **Thought**

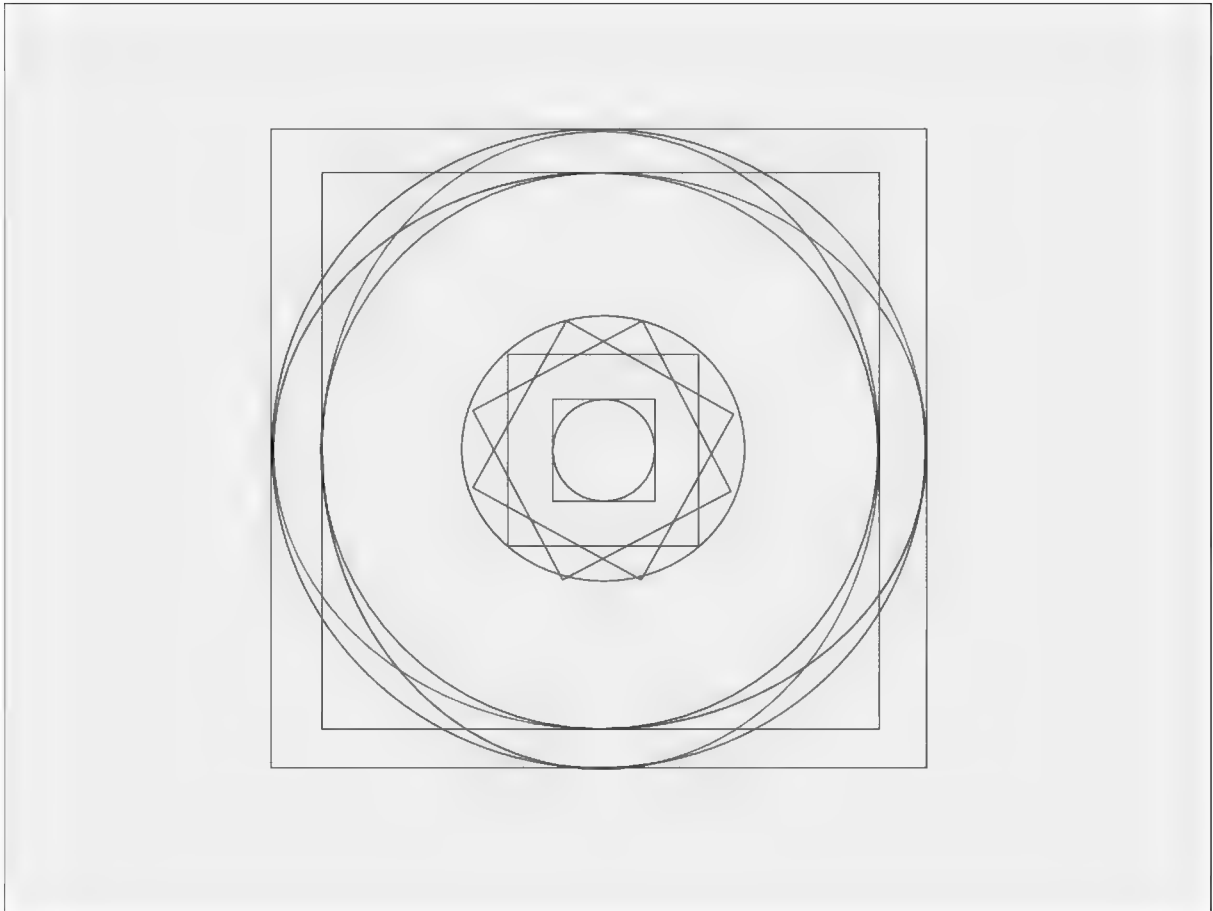
When working with the materials in my workshop, I have come into contact with many things that I like.

## **Thought**

### **Don't search, find**

I would like to put the following thought forward for consideration and hope for positive feedback.

Assuming that everything has a reference to something absolute, I would like to ask the following question: Are we humans allowed to examine the path to the absolute and take it into account in our work?



## Own frequencies

### **Thought**

Analytical examination of a person's states allows us to see them separately from one another. We soon realise that our idea of what a person is has not been sufficient. We can neither help them in their development nor understand them.

So we look at the human being again. We neither see their entirety nor know their life well enough to be able to judge them.

People are capable of reacting at any time. This expresses how they feel. They communicate their needs just as they cannot hide their inclinations. You can tell who they are. That is how they appeared, that is how they came across.

## **Documentation**

### **The idea of life**

Due to the tribulations of my life, I experienced the decline of my vital energy at an early age. I did not find a good starting point in my life from which I could have taken off. I was held back.

What I lost as a result is still unclear today. But over time, I have regained a certain amount of my vitality.

## **Documentation**

### **A principle**

If you want to do something good for someone, you must also be able to give them what they have already earned.

## **Thought**

### **Security**

Maintaining a psycho-physical balance helps to preserve our own vital energy.

## **Documentation**

### **The display of one's own frequencies**

It is not easy to describe one's own frequencies in words. I was not able to do so immediately. This is not an easy concept to convey. Yet it is very important to me to be understood.

Basically, I understand one's own frequencies as something that occurs with certainty in humans both at rest and in motion. These are supposed to be impulses within us that we can perceive.

## **Impulse**

### **The plough**

I want to assume a basic state. I want to feel the emptiness within myself.

I want to be with me.

That's how the circle has closed for me.

**Thought**

When I believe in something, it has already been confirmed that it is true.

**Thought****Attitude**

I want to take up and master my current position. With its help, I am committed to getting closer to my actual goal. I have gathered my thoughts for this purpose.

**Idea****A force for life**

What has happened in our lives represents its truth. We refer to their experience.

## **Documentation**

### **A reception of one's own frequencies**

One should choose an approach that one wishes to follow in life. People should always keep their affairs in order. One should free oneself from excessive desires by giving equal attention to every part of oneself.

One can use utensils that bring one closer to one's own nature. These objects should be simple in nature.

Some types of objects that Mathias Schneider has used for his own training are listed here.

#### **For the hands**

Fruit, stones, coins, pens, brushes, wooden beams, wooden sticks, a heavy pendulum, strings with knots, bead chains made of wood, glass and seeds, pointed objects

#### **For standing and walking with the feet**

a beam for balancing, a spinning top for balancing, a ball

#### **For eye mobility**

Stamps, sculptures, paintings, drawings, yantras, mandalas, pictures of people, animals and plants, pictures of structures (mountains, lakes, deserts, landscapes)

#### **For motor skills and coordination**

Musical instruments, such as guitar, rattles, flute, drum; singing, walking, swimming, dancing, writing (by hand), playing, painting, drawing

#### **For personal endurance**

Long walks, persistent resting in an aligned posture, reading books, reciting mantras or chanting with the aid of a mala

#### **For a good memory**

Chess, various letter and number sets, writing, mathematics, catalogues, research, conversations, calendars, clocks, mindfulness

#### **For your own voice**

reading aloud, singing, divination, experiencing silence, contemplation, playing the didgeridoo

#### **For the mind**

Doing regular work.

The author has been following this path since 2004.

There is no need to enrich the exercise with physical laws, because you can feel what you are holding in your hands and how to move with it.



## **Thought**

### **Concentration and limitation**

If you want to perform a task, you have to recognise and adhere to its principle.

## **Thought**

### **Finiteness**

Everything that has appeared has done so because of its natural properties. This corresponds to its destiny. It has led to the clarity of things.

## **Idea**

### **Resonances**

The swinging pendulum is an example of a body in motion. But everything has moved. Even the string of such a pendulum has experienced its forces.

## **Impulse**

### **Tension**

Body tension – The bow is shaped. A string is attached at both ends.

With its help, the whole thing is put under tension. This deforms the wood.

## **Documentation**

### **Manifestations**

After careful consideration, I would now like to specify a few characteristics that constitute the essence of resonance.

I assume there are three basic forms of resonance.

- The linear form
- The flat manifestation
- The point-shaped, pulsating form

In nature, these basic forms always occur in combination. In addition, everything will be anchored somewhere. Pure weightlessness is rarely encountered.

# Fruits

## Thought

Everyone wants to be understood by those around them. Everything we have done has also had an impact on how we are perceived by those around us.

## Impulse

Keep your hands to yourself or free them if you want to do some work. Keep what is inherent in you to yourself. You will need it for yourself.

## Thought

You should not look at the sun. Anyone who has looked at it may go blind.

## Documentation

## Idling away one's existence

The opposite of right is wrong.

Some people have accused me of doing essentially idle things. They did this especially when I was not happy with my situation. They advised me and told me that I had to make fundamental changes to my lifestyle.

I heard about these people's behaviour and it annoyed me. I certainly did not simply give them the right to judge me. Everything I have experienced in my life so far has been useful at some point. Sometimes it took years before my own successes became apparent. However, my perseverance was something that the people giving me advice did not recognise.

At the very least, they did not believe I was capable of anything good. That was very hurtful to me. I spent my life on the 'waiting bench' for no reason. Meanwhile, a large part of my life has passed. The advisors were richly rewarded for their efforts. Their words gained status and prestige, even though they were wrong. No one bothered to check anything. None of it has been verified. These people continued their coffee parties and composed new songs about people like me.

None of it had anything to do with my life situation. That's why I switched to defence mode. This accelerated my downward spiral. Life and the existence that goes with it seemed increasingly burdensome to me. The whole thing culminated in a fiasco. But because of some mistreatment, nothing improved.

Everything I have achieved, I have done entirely on my own. I can say that with complete confidence, because it has been my life that I have led.

Those who consistently refuse support from others will eventually receive none. I knew this and paused to reflect. I struggled with some difficulties when I realised that without support from outsiders, I would lose all happiness in my life.

However, if you are constantly treated like a fifth wheel, you can fall off without anyone having to change their behaviour. People stoically pursued their goals and wore me down. I put up with this for quite some time. But at some point, I decided to spend the rest of my day fighting back.

Using the resources available to me, I created something that amounted to a work of art. I tried to show those around me what I was capable of achieving. Despite the long period of idleness in my life, I managed to get something off the ground. The fact that what I achieved went unnoticed speaks volumes about my life. What I created was not taken into consideration at all.

When they finally tried to weed me out, I really put up a fight. I had to put all my eggs in this basket because there were no others left.

At that point, my life had already settled into a well-established routine. I didn't always understand in advance what I was capable of doing, but I achieved something.

Using the cultural assets I had collected and saved from the rubbish bin, I continued my studies and transformed them into a study of life, which in my eyes has been extremely fruitful. The whole thing has been impressive for me, and I have made much of it come true.

I found nothing wrong with accepting the situation as it was. The fact that I named what was bothering me put me back on the right track in my life.

### **Thought**

My texts and songs, my poems and aphorisms do not solely reflect my own experiences. They are also based on everything else that has happened to me in life.

## Poem

### In the night of the soul

The fire is healthy, its light is healthy.

I sit in the shadows and yet do not want to give up focusing my thoughts on happiness for life.

Everything is dear to me. That is something that has promised me hope. So I have understood something correctly and want to acknowledge it. as it has been for me. That's when the tide turns.

That's how it appeared, that's true.

I found all the other people's requests strange, because they left nothing out.

Their thoughts are by no means clear to me.

They sometimes have gloomy expressions and cause further damage.

I was quite right to think of something good. Some people laughed loudly about it.

Some even spun yarns.

Meanwhile, my dreams have faded, my hopes have vanished. Like the suns in the world, the people appeared radiant before me and shone brightly upon me.

I am very fond of the moon. It should appear to me soon.

It is not far away in the distance and has a beautiful glow of its own.

What does a light like the sun's glare mean to me when it is so devastating to waste my gaze on it?

So I quickly gave it up and found my true meaning. I surrender myself to my love. Such a thing may not seem wise to others. I must disagree with his words.

I sought my own happiness, not his. For this reason, many have almost cursed me.

## **Thought**

### **Happiness**

This feeling confirms the basic mood of us humans. It is the key to our truth. Those who are true to themselves will achieve stability.

Let us simply grant each other this peace. Human beings would not be condemned for their nature. The opposite is true. Let us welcome people as they are and be glad that they exist. Good things should also endure.

## **Thought**

### **The story of its creation**

The spirit and space find their connection through substance.

Whatever gift is given to man must also have an origin from which it emerged. The essence of things is discrete. Everything is already fulfilled in it.

So what else should one consider other than one's own gratitude for the good that results from it?

Life is lived forwards. The past lies before us. It will be understood in due course. One can only take one perspective. No one has ever been able to do more than commit themselves. Something will be true as it happened. That is how it happened for us.

We want to be honest people. We haven't seen everything. We haven't clarified everything that has happened. That's how our things have become what they are today. But they have also turned out well. Some of it has sufficient substance for us.

## **Affirmation**

### **Maintaining order**

Special paths have often been wrong turns.

Follow your own spirit with your being. It forms a unity with you. Let your thoughts be with it. What you have thought connects you with it. It represents the essence of your life, who you are and what you want to be. Therefore, remain who you are. Be what you have become. That has already been enough for something good in you. Maintain this connection or restore it as you see fit.

We then created an introspective exercise that meant something to us. We used it to ensure that we knew how to implement what we had already become aware of in this existence of our lives.

The examples in this collection of writings have something about them that we liked very much. We would like to remember what we once thought about what has been given, because this work has been sufficient for something right. Adhering to a

The order we followed when compiling these writings led us to insert our own arguments where we felt they were appropriate. Everything we know continues to influence our nature, even in retrospect, because it is part of who we are. We also assumed that our own life stories are intertwined with our existence. We focused on our own destinies and thought that it was justified at every stage of its appearance.

## **Documentation**

### **An unburdened void**

We have largely preserved what has led to the continuation of things for us. Something of substance has emerged for us, which we know to take into account. We consider it to be benign in nature.

We have gladly established a stringency of thought where we have been able to do so well. Something has become clear to us. We have noticed a certain congruence between our nature and other circumstances of our existence. We have paused and looked at what we have already understood of this. We have ensured that things would not slip away from us. To this end, we have emphasised their consistency.

Our behaviour should lead us to a state of balance. With its help, we preserve what is ours. We maintain a corresponding position, as it has suited us well.

This should make the whole thing easier for us. In this way, what has always been true will come true. May our life be a good one.

## **Thought**

### **Unity**

No one has ever transformed something impossible in such a way that it has lasted in the long term or been permanently fulfilled.

An art form that has found its nucleus in the particular and unique can be safely neglected. It has no trivial theme for itself. A culture that has rebelled has lost itself in trivialities. Sooner or later, order prevails and determines what happens in our lives. This can be seen, but it has also been historically proven.

We have recognised the events. The things we know stand in opposition to each other and yet should be united. To do this, they must be brought into balance. We have done what we could to obtain the values required for this. We have arranged them proportionally to each other and thus ensured clear conditions for ourselves.

We immediately became aware of something that meant everything to us. Things have always been in a clear relationship to the absolute and have been true. Then they should also be good.

We recognised this. An understanding of reality then helped us to weigh up what we had observed and seen.

## **Speech formation**

## **Freedom**

People pass on their habits to one another above all else.

First, we adopt the basic posture of uprightness by recognising and realising its ideal. We are already well acquainted with this.

We maintain this posture because it is right for us. Then we break away from this good form and simply revert to what we already know about ourselves. In doing so, we spring back to our usual form. Afterwards, we notice a change in ourselves. We have become aware of a certain characteristic of ours because the correct posture and our own nature differed slightly. Thus, when we adopted the correct posture, something additional to our habits appeared. We gradually anchor our own knowledge of this form within ourselves. By repeatedly adopting this posture, we recognise a consolidation of our own habitus.

We have not taken a permanent stance. Although this approach has once again made us aware of who we are, we have merely become aware of something that applies to us. We are not afraid of this. Our powers of perception have been sufficient to justify this statement. We have accepted and acknowledged this knowledge about ourselves. As a result, something we had already realised has become true for us. We are happy to deal with what is ours. With what is ours, we are rebuilding something and trying to make the best of this existence with what we have and know.

No matter how big the stones that lay in our path and blocked it for us. Those who have already arrived on the inner path also know their own inner obstacles. Their toolkit should be that they are ready to deal with these things well and to work for their happiness in a permissible way.

We have also experienced inhibitions from time to time. Sometimes they warned us of danger. There are many fears among us humans. We distance ourselves from them.

Once we recognise our own fears for what they are, we can finally distinguish them from other people's fears. In this way, we find a distinction from other people's suffering. What has made us who we are should be enough for us.

Everyone has something unique. It is human nature to be interested in this. At best, this should make us the living beings that we are. With good reason, we leave things as they are and get on with our lives.

We should no longer doubt our existence. The essence of the world and the nature of human existence go hand in hand. Let us simply connect our strength to what has been given to us, as we have always known from our cause. Let us reflect on their opponents by warding them off. Every human being is

valuable enough to be allowed to keep or bring their affairs into balance. To this end, we struggle with things so that we can assert ourselves against them.

## **Documentation**

### **The Instrument Maker**

Formally speaking, it was our attitude that we expressed. Then we found something that corresponded to it. We made that a reality. That is how those examples came about that stood for us.

Some of the works I have created have certain quirks. These unintended additions characterise the value of what my works mean. They do not breathe additional life into what has been created, but they have been relevant to the whole of what I have released.

As an artist, I tried to realise my potential. However, I have since become an instrument maker. My works bear witness to this. Everything I have created has been a design. I still lack the necessary knowledge to create a proper painting.

The equipment and machines that I have worked with so intensively throughout my life have made it necessary for me to commit myself to determining how they should be generated. I am preparing myself for this.

I really liked the fact that the associated knowledge is still new to me. For years now, I have been holding on to the present and making the most of what is mine.

I would like to acknowledge what I have found for myself through this. These were the most recent thoughts that I incorporated into my work. This brought me peace, but it also restored my strength. They came to me spontaneously and revitalised me. I welcomed that.

## **Idea**

### **A perception of time**

The quality of a player can be recognised in their handling of time, their timing.

In the English language, we call everything that has taken time 'time'. However, time has very different characteristics and references. I discovered a special connection to the concept of time when playing chess. In chess, we talk about tempo. Each move represents such a tempo. Before taking your opponent's first pieces, you gain advantages by winning tempi. To do this, you harmonise your pieces so that they can support each other in the shortest possible way. In skirmishes, you gain advantages because you have improved your position.

It is important for a chess player to have thought about the position at the right time. Each such position creates space to consider what is currently given. The chess player brings order to their thoughts. They assess the situation. When in doubt, they improve the interaction between their pieces. Thanks to this



Strategy means that the chess player has certain moves in mind which he will favour as soon as his opponent has made the corresponding counter-move. Then his play appears fluid. The moves he makes form a coherent whole. You can see the idea behind them. It is true that the theoretical number of moves in a game is unlimited. However, either an advantage arises that leads to victory, or a stalemate occurs, resulting in a draw or stalemate sooner or later, ending the game prematurely.

The constant pursuit of an advantage requires that one has assessed a situation and improved it in the following moves. Tactical mistakes by the opponent put the chess player directly in a better position. Strategic mistakes by the opponent are just as disadvantageous, but are not usually immediately decisive for the game. Sometimes one accepts a strategic disadvantage in order to gain a tactical advantage.

In chess, a distinction is therefore made between whether a move has improved the situation on the board in the long term or in the short term. In this area of consideration, one must take into account the significance of friction for the development of the game. Capturing pieces wears down the opponent and creates new conditions. A superiority is no longer superior once it has been weakened. This can happen locally and does not always have to affect the entire number of pieces. The interaction of the pieces is decisive for the advantage and disadvantage of an exchange and for capturing pieces.

With each move, the situation of both sides on the board changes. Forces are destroyed, forces converge.

The number of moves is the measure of the length of a game of chess.

## **Impulse**

### **A phenomenon and its abstraction**

Everything that has already appeared in the world has a certain form. It can be evaluated. Things have always produced such a form in part. These were events when they did something like this.

Classifying events has led people to attribute certain phenomena to things, for which there are individual terms.

A few of these will now be named.

- Weight as an intrinsic property of materials
- Speed as a characteristic of all processes
- Momentum as the epitome of energy
- Heat as an expression of proximity between moving substances

There are now also derived orders of magnitude for such concepts. These too should be named.

- Weighting – This conceals the conservation laws with their equations.
- The tempo – this conceals the individual frequencies with their intervals.
- Force – This conceals the transmissions with their progressions.
- Temperature – This is the result of friction and the resulting friction between the types of energy.

## Thought

### A unit and its balance

The sum of the whole is zero (0). True to this idea, what we have considered to be the whole is preserved. No one has ever brought into the world what was not already there. All things have appeared. They exist as what they are.

Some of them seem simple. Yet something that is constant due to its uniqueness has always been as it is.

We observe nature and take its appearance into account. We assume that it has a certain consistency. We assert this consistency by acknowledging it without reservation. This has meant that we have regarded it as a continuous order of magnitude.

The essence of a world that appears to be continuously consistent is based on the transcendence of its main characteristics. We take knowledge of this peculiarity of nature for granted.

The main characteristics in their appearance as entities of this world did not participate in events, but made such events possible through their appearance. In this context, the appearing nature is one that has shaped itself. This should mean that the transcendences of the entities underlying all the peculiarities of nature are absolute. This has stood in contrast to the entity itself. Only transcendence is to be understood as absolute. It stood for an absence of the higher.

True to the natural appearance of matter, an absence in the clear case of an effect of it means a drive of the kind of a vacuum. With this, we have found a motor of the whole that precedes everything.

We thus explain the willpower of a human being as one by means of which he has submitted to what has happened. It is by no means freely determinable and should not be assumed to be so, because that would be foolish. What has been freely determinable, on the other hand, is one's own resistance to something that has emanated. We use this as a throttle or brake. In this way, we prevent the excessive wandering and skidding that our form of movement sometimes involves.

## Documentation

### Integrity

First, one should understand people in their entirety. Then one can form an impression of their personality.

Human being, recognise your conditionality. Imagine what is truly given to you. Do not deceive yourself about the parameters of your existence. Recognise the framework of what defines you.

The image we have of this world reflects us and our interests. The image we have of our fellow human beings expresses how we feel about our lives and what we have found good in them.

The judgements we have already made result from our approach to things. They have a significant effect on our nature and are therefore important for our destiny.

Anyone who thought that human existence was a blessing should also be strict with themselves, because otherwise everything will fall into disarray and turn out badly for us.

### Impulse

### The deeper meaning

Mastery of materials is a prerequisite for the proper development of creative power as a human being.

Everything has its own way of appearing. A person's words add to the best and complement it. This gives a person weight with other people.

Some people seek confirmation. That should be right. But what has already happened cannot be repeated. Therefore, no one needs to confirm to another what they already knew about themselves. Rather, it is a matter of confirming what we have known about them and how we portray them to others in our speech. This has an effect. It shows who among people has been truthful.

Truthfulness has now been addressed. It is a reasonable motive for us. The underlying meaning of this should be trust in life and the world as it is.

All of this is given. We act with honesty and are ready to create something. Piece by piece, our works complement each other and already form a whole for the present. In doing so, we have reflected on our own goodness.

We have created a collection of things that mean something to us and have thus learned to focus on the essentials. We have been given something, so we bring it to bear. We accomplish our own tasks with prudence, calmness and patience. Our speed is by no means apparent, because it is an internalised dimension for us. It doesn't matter how we have affected others. We are neutral about this and yet we have done something true. Our independence and their independence have been the same for us in a way.

Whatever we did, we stood by it and gained something in the process.

## Documentation

### Worldview and consciousness

As human beings, we are involved in processes. Step by step, we work through what has happened and what has shaped us.

The complete whole forms the basis of our observations of a person's existence. For this, it must be assumed that the sum of their content is constant. Anything that has not been constant has only represented a part of it. This can be proven. Anything that is in exchange with other circumstances has not included them. The reduction or increase of something should therefore be a sign that something has been incomplete. This implies the existence of further areas.

When we consider human existence, the loss of goodness is striking. For this reason, we recognise that an exchange is taking place here too. Goodness is being depleted in us. We are literally exploiting it.

The truth is that it cannot be increased. One can only consolidate one's knowledge of it. That should be the task of believers. Without having a certain framework for this, which specifies what is predetermined, such knowledge cannot be attained.

## Thought

### The thing about characteristics

Whatever we have for ourselves, we set it up. To do this, we assemble the objects and put them in position. What we have not been able to do, however, is to give things the properties we have at our disposal.

The objects can be rearranged in a simple manner. In doing so, we become aware of what moves things. But everything has a certain impulse of its own, which it realises on its own.

We can be satisfied with that. At times, we liked it. Occasionally, however, things appeared differently than we had intended. There is already a control mechanism in place. It has had an impact on our actions. But the truth lies in things and balances everything out.

That is probably the reason why everything seems so different from what we once intended.

We created and furnished, planted and stretched, only to realise afterwards that our power is unique. It is limited to the moment and is lost immediately afterwards.

Whatever we did on our own initiative was immediately burned away. Every action we take is stabilised by a reaction. Everything is in balance, or the principle of balance intervenes and restores it.

All objects acquire properties that result from the characteristics that define them.

Our assumption that living things have an inherent tranquillity should not be misunderstood. We stand firm in our belief in the stabilisation of the human being. We recognise that the reduction of our activity is the reason for the order we have found.

## Documentation

### A world without measure or purpose

We humans live in the world, yet we have not been of its kind. Rather, we have bowed to its conditions, but risen above them as soon as possible.

It is precisely the nature of human beings that has led to this world existing as one in which everything created conforms to human standards. In this respect, human beings have remained unique. No other creature has done anything like this in such a comprehensive way. In doing so, we have transformed paradise into a space and our existence into a compulsion to shape things. Everything revolves around how we look better than other people. We talk about eternal youth and do everything we can to achieve it. Meanwhile, the foundation for this has rotted away. The extinction of species and the devaluation of flora and fauna are the greatest obstacles to leading a happy life as a human being.

Everything in the world will sooner or later be conquered by humankind. The question was never whether this would happen, but rather when it would happen. We play with smart devices and are essentially already capable of extraordinary things ourselves. Thanks to haptic regeneration, humans have opened up the space for themselves to make more of what they are predisposed to do. They would do well to work with materials that have already given them access to structure. Their content, the information, is animated by the spirit and can be found in the material. There is life in it, as a comedian would say.

Meanwhile, time and with it something causal has brought rust upon things. This corrosive decay has occurred in every form. Those who have devoted themselves to it have received all its abundance, but have also sold and betrayed everything that was once theirs.

Thus, the two powers have appeared in opposition to each other. One has made true what has been, the other has set something in motion and brought about its downfall. In contrast, people have sought a solution to their problem, which they call life, with moderation and purpose. With their focus on reason, they have given their crown all its splendour, but have done nothing to preserve its foundation. The gardens have rotted away, a library has collapsed. What good is it if things remain this way? What matters to us and why have we not worked to ensure that something appropriate happens?

## Idea

### One force, four strands

Normal forces, i.e. pulling forces, can be focused by us. They imply elasticity on our part per se, as they can spring back as soon as they are released.

True to my inherent need for calm, I have assumed that my own strength can be divided into four strands. In order to represent these four parts of my strength, I depict them in front of me with the aid of strings or ropes. Since I assumed that the main forces correspond to a normal force, this was not wrong. Their characteristic of pulling can thus be reproduced. Furthermore, I connect them using snap hooks. This allows me to use a visual example to clarify one or two principles of how forces are transmitted.

## Documentation

### A language and its idioms

All people speak a language. This does not differentiate us from one another.

Local customs influence our language patterns. I see the development of a language as a fractal process. Since it has served the purpose of communication, all its characteristics are conditioned to serve this purpose. They arise because of the civilisational advantages they offer. These advantages also include the diversity of individual languages. Individual subgroups can thus be distinguished on the basis of the code used. Language is shaped by idioms. These are descriptive images. They can be conveyed and evoke something in our own imagination. Finding idioms is equivalent to developing skills. Their optional nature is predetermined. Only those who have acquired them can claim them as their own. (Intrinsic capacity of a human being) It should be true that they can continue to be communicated. It should therefore be assumed that skills are transferable per se.

It should not matter who released a piece of knowledge. In any case, what has been recognised has released something in us that has done it justice. The people of inventors and discoverers have done nothing other than break down and multiply the known in order to open up new paths. True to an analytical principle, every order of magnitude can be placed in a context that is valid for it. The tools for this are known from physics. Meanwhile, dimensional analysis makes it possible to verify whether one's own assumptions are plausible. Large amounts of data are analysed by clustering them. This allows similar data to be identified and thus extracted from the whole as a proportion of it. This process ensures that an infinite wealth of data can be evaluated.

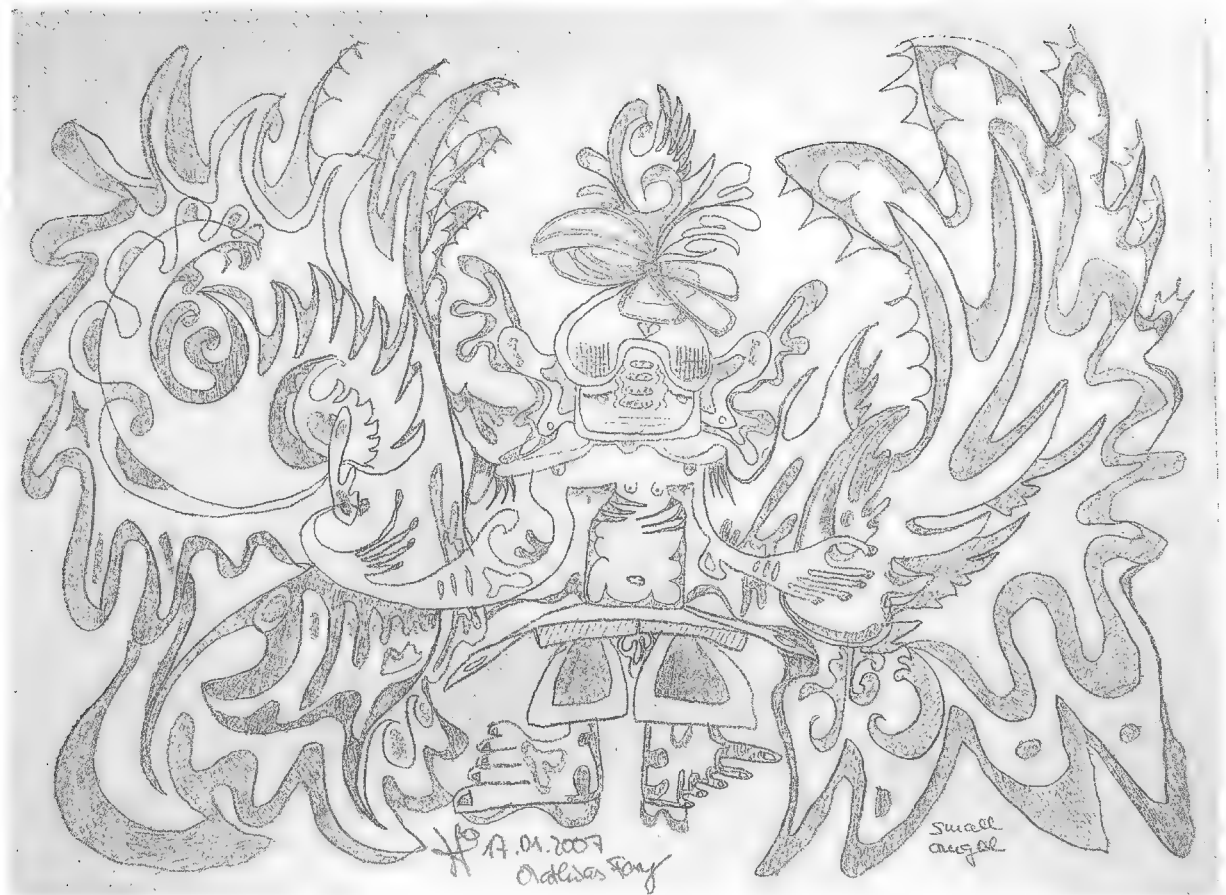
In order to do our job properly, we always assume the worst-case scenario. We look for approaches and ways to resolve this scenario. In doing so, we transform a material. This intellectual substance has only one state of its own

, which was not arbitrary. It is therefore logical that we can adjust one state of it. We did this when creating the work.

The communication of states is now to be practised, which has come about through the languages of humanity. Everything also has a certain value.

This allows something to be put into perspective. We relate the given to the greater whole of its order according to its weighting.

Cluster by cluster, things are contained within each other. If this formation of knowledge is finite in nature, then at some point it will have found its complete form. The truth of the given things then emerges of its own accord.



# Value structure

## Documentation

### An approach

In many places, yoga is equated with gymnastics, which it has never been. People do far too much of what they consider healthy, even though the body is sensitive and a person is imbued with a psychophysical balance that has always determined their existence. We are committed to the uniqueness of what is given. In our own nature, we find evidence of the principles for a harmonious relationship with ourselves. All order stems from the reduction of excess energy to a manageable level of strength. We therefore refuse to consume substances that are harmful to us. Something good creates space for the preservation of orderly things. Let us simply get used to how it is when it is good, and let us align ourselves with what has happened in the process.

## Intention

### The truth and its value

Based on the undoubtedly accurate assumption that every thing has an actual state, which is determined by its characteristics, we can recognise and classify what is given. In doing so, we determine the value of things. We become aware of this value as soon as we focus on what is clear to us. To do this, we apply the patterns of perception that are familiar to us. This gives us clarity.

The situation is different when it comes to things that are presented and communicated. In the normal state of consciousness as human beings, blurriness usually prevails over clarity and causes what is given to disappear before our eyes because something appeared blurred to us. We did not recognise it immediately. Everything seems as if it were not there. That is why things are not easy to communicate. Every person has their own motivations that limit their comprehension or even prevent them from understanding something. Then some basic knowledge of the subject matter and its conditions is required in order to reflect on something already known from nature. We would like to acquire this knowledge and draw conclusions from it.

Only then can we begin to search for the valid objects that are relevant to the moment as it currently prevails for us. An object appears visually visible at any time in the area in front of us, provided that it appears to us in the right light, which helps us to understand things.



## Thought

### The given

Without focusing on what is there, we will hardly succeed in doing what we want to do in a good way. But maintaining such focus can tire us. What has given us the desired view of an object corresponds to the peculiarities of our nature and exposes us to certain forces. We have found our own way to knowledge, but we can hardly maintain it in the long run. That is why we write down what we have learned.

Meanwhile, something should be noted. What we consider impossible completely escapes us. Those who have turned against the fundamental would not attain it either. That is why we need our own spiritual participation, our willingness. In order to visually perceive what is given, it will be necessary to allow one's own idea that something is there, so that something can appear to us in the invisible realm. Let us simply recognise the associated phenomena of seeing as something that will be true. With that, we have already done something right. So now we already know what the alignment of our focus does for us. We try to establish a certain view of things. We do this by acknowledging how something has just been, what has just happened. We then leave what we have found in its given state. Something appears as it has appeared. We perceive this. In doing so, we also realise that what we have perceived has already had an effect.

We know something. Our senses are subject to certain impairments. Such impairments are manifestations and are natural. They can be temporary or permanent.

The question of how we behave should determine what is possible for us in this existence. Much of what has already shaped the circumstances of our lives stems from human nature. Our view of what is given casts a veil over what is there until it finally becomes visible to us. What we perceive is shaped by what we expect.

We actually like to share with our fellow human beings some of what we have seen in things. However, the unknown ensures that much of what exists remains hidden from us and is overlooked. Knowing that every person has approached the things in their life in their own way, we ourselves have become witnesses to such events as they take place in this existence.

It is basically enough that we have a seeing heart. We want to willingly grant the same to other people. We are content with what we already have access to.

## Idea

### A cosmos as a whole

Those who, like me, follow an unabridged path will experience many different things along the way. Their sum total should be of a finite nature. It will grow steadily and yet remain what it already was. In this way, it retains its uniqueness and remains finite.

The path without shortcuts provides us with many good moments. We are enriched by experience. This has been important because, thanks to it, more of the whole can be found and perceived than would otherwise be the case. This equips people with impressions. They will thus succeed in finding many rays of hope. In the process, many things appear and everything also experiences its weight before them.

We read something from this meaning of things. We measure something given. That is where it gets its true meaning.

How much easier life is for people once they have recognised the true conditions of their existence. Then they are well. All perceptions of what is given have also been such that they suited us. Everything therefore appears before us in a true way.

It should be a happy circumstance that we have given sufficient consideration to something when thinking about it. There we carry out the work in our minds and give it its first form.

The assessment of the value of the things that are our own succeeds well in such a realm.

Only what is given must be taken into account by us. It has always been close to us.

In order to initiate the evaluation of such ideas, which we have made our own, I would like to point out that, from a human perspective, the picture of the world gradually becomes more complete on its own if it is left in its natural state. Those who have not withdrawn from their own experiences will also have some. Sometimes these will be the same experiences again. That is why they can see confirmation of something that has already conditioned them in the past. One simply accepts this.

## Impulse

### A completeness of the given

We humans are chosen. It is untrue that we can choose what we want. Life is far less characterised by freedom than we have assumed.

We always trace everything we know back to its true cause and thus justify it. We record the corresponding experience. This is how something has an effect; this is how this world is shaped. In doing so, we recognise afterwards what it was that happened. Everything takes time until we understand it well.

This gives rise to moments of perception in the context of reflection. We want to form a picture of what this means for us.

We form ideas in all kinds of situations. The images we carry with us can clarify the given situation. They sometimes have a simple nature.

## Idea

### Emptiness as a basic unit

What remains is light.

Starting from a world of phenomena, humans should find their way to it and contemplate its essence. There they can recognise something of what constitutes it. There, everything and nothing should be something that they can utilise. They soon recognise this. They make it their life's work to comprehensively grasp and reproduce the whole of what conditions them. We do the same. To this end, we write down our thoughts. Then it has received its final form through us and has a true effect. We have largely corresponded to it with our words. Let us take a look at the vessel from which we have drawn our own goods. This crucible should contain a certain emptiness and fullness at the same time, because it is certain that the whole exists.

## Documentation

### The cobbler and his lasts

Every person has two feet. Thanks to these feet, we can stand and walk. These two limbs are subjected to heavy strain and need improved support. To this end, we make shoes to ensure that we can stand and walk for long periods of time. But when we sit down, we can take our shoes off. Since our feet are subjected to less strain in such situations, this does not matter.

The cobbler recognises the value of his work in the fact that people need shoes. He is happy that, thanks to him, people can do a good day's work.

After all, everyone looks at their fellow human beings' feet when it comes to what they are good for. Those who are well-off also find work. They can hire themselves out. In this way, one's own life prospers because one does something that is needed. We do not suffer any particular hardship because we are able to work.

People have a certain idea of what defines them. But only when they conform to the given order should they exist.

There has been no other order than the one he knows. So man gathers himself together and applies the true principles of life that he knows to himself. In this way he finds a good position for himself.

This has enabled them to achieve something. They have been there to apply something familiar and implement it as they have learned.

These should be only 'seven things' that condition us in everyday life. No more and no less than these seven things would be relevant to us.

With them, we do the good that we know.

## **Documentation**

### **The path of the writer**

Anyone who wants to understand the art of divination should listen to me carefully now. I would like to tell them something.

What I am about to write here should make it clear that language also has a certain order that must be observed. With its help, we form sentences in everyday life from words that we have learned in the course of our lives. These should be true sentences.

Generally speaking, we use them to clarify something. In doing so, we insist on the comprehensibility of things. A writer has many opportunities to do this. He determines the words he knows to express what he has understood.

## **Documentation**

### **Man and his nature**

We have decided what we do for ourselves in such a way that we want to do it. We are committed to this. We call something what it is. That is a given, so something like that also happens.

What has happened is preserved by a writer through his work, by recounting it. This has been without invention. His words have a certain brilliance of their own. They mean something.

Some images have already come to us, depicting things that have already happened. While we were thinking about them, they became true. We sometimes draw such images in front of us in the sand of the world, but we can also write down the story of them.

## **Documentation**

### **The pulling of the world**

The present is the moment when you must already have turned the rudder of a ship if you do not want to capsize. The sea harbours many dangers. We neither know the water well, nor do we know enough about the time we have left.

## **Something from Africa – Philosophy**

### **Connection between time and spatial orientation**

We are familiar with the past, and therefore it should lie ahead of us, in the visible realm. Similarly, the future can be thought of as lying in the hidden realm. This means that it can be located behind us.

But when we close our eyes, we become aware of everything. Those who arrive can also remain.

### **Thought**

### **Irregularity of nature**

One truth of the world in which we live our lives will be the unpredictable event that comes about because everything and nothing at the same time make up the whole of what constitutes the world and its nature. This will be more than we expected when we look at the world. All events emanating from humans will merely be determinations of uncertain duration. Nothing would be exempt from this. Whatever wants to appear will do so. That is where our sphere of influence soon ends.

All causal relationships would not extend beyond their own end. Some people find this difficult to cope with. Those who love logic should take such a fact into account. Causality reduces all logic to absurdity.

### **Idea**

### **Distance and proximity**

There is no distance to the future. Anything can come true because the necessary raw material for it is already there. That is where we keep our hope alive. Then we experience some support.

We try to live up to our ideals. Nourished by a certain courage that is our own, we shape our own lives.

There is not even a distance to the past. We have no spatial understanding of time. We perceive it as linear, but we sense that its boundaries exist only through the present, because it stands out from everything else.

## **Documentation**

### **Having time for oneself**

When people have been alone, they are left to their own devices and yet still want to survive. That is why they take control of their lives in this situation.

Let us simply get used to the regular aspects of the given situation. This should make some things easier for us. In this way, many things will become possible for us.

## **Impulse**

### **A person's creative power**

A science that has excluded something from its field of perception that it cannot understand with its current means cannot be comprehensive. Existence is based on dealing with what is given, and so everything only takes place where it is taken into account.

## **Impulse**

### **Being in faith**

A Christian unites the known into a faith of great power. Events in life lead to his conviction. Faith, love and hope are virtues of a certain value for him.

## **Documentation**

### **The attitude**

Mathias Schneider has accepted that the true bridge to yoga is to start from the position he currently occupies. He sees it as fundamental to maintain his attitude. In doing so, he has assumed that integrating yoga into actual life has a practical value.

He has since described and tested this method. It does not require people to change themselves. Rather, his yoga serves to introduce moments into their existence that enable them to preserve their essence. To this end, Mathias Schneider has left everything as it was and identified what was good about it.

True to the assumption that something good leads to further good, he has nurtured his essence and thus developed characteristics that are noticeable in him. When sitting, he likes to observe the interplay of the forces acting on him.

## **Documentation**

### **A foundation**

Anyone who values themselves would do well to do the same. What has come true in life should be permanent.

## **Documentation**

### **Recharges**

A person's strengths are more or less well developed depending on their ability to cope with life.

# Jeffrey's Dynamics

## Documentation

### Basic idea

Lower the centre of gravity (temporarily).

## Documentation

### Blow out a candle

Focus on your breathing.

## Documentation

### Analysis of force

Distinguishing between pressure, tension and rotation when applying force

## Documentation

### Approach to an object

Normal – perpendicular  
(pressure) Tangential –  
connection (tension)

## Documentation

### Alignment of a location

Assume a perpendicular attachment of the impression to the surface of the body.

## Documentation

### Minimisation of a force

Forces can be cancelled out.  
Forces fade away on their own.



## **Documentation**

### **Temporary phenomena**

The phenomenon is an energetic occurrence. It passes.

## **Documentation**

### **Rhythm and progression**

Prefer alternating actions. Prefer alternating postures.

Allow your own strength to swell and then release it.

## **Documentation**

### **Prefer objects**

Acquire a concept of things. Leave out the insignificant.

## **Documentation**

### **Resistance and strength**

Distinguishing between cause and effect.

## **Documentation**

### **Phenomenology**

Recognising a rich exterior and a poor (empty) interior as good.

## **Documentation**

### **A vision**

Perceiving one's own existence as noticed and confirmed.

# Cosmology of horror

## Thought

### Pause and be aware

The human spirit has always been vulnerable. Something has left its mark on it. It can remember that.

The fact that we have achieved something simple in an easy way makes this even worse. We have been punished for our good intentions. Our diligence seemed important to us. We made every effort to do justice to our existence. We loved everything. We received everything. We neither suspended nor despised life.

We are grateful for all the good things we have experienced. We have always believed that when interacting with us, a person has a nature that is reflected in us.

We have repeatedly looked within ourselves and found something good there. We have held the same, or at least something equivalent, in our fellow human beings. There was certainly no wrong in that. Believing in the good is necessary for a worthwhile existence as a human being. Our existence as human beings is a given and is based on who we are, what we have and what we do.

## Thought

### A snapshot

Whenever we have heard about a truth and what it means, we understand what is true. This should be a good example for us.

Life brings us something that defines us. We hold on to that. Whenever a thought about our existence has occurred to us, we examine the given for its applicability. That should then be a lesson for us from which we want to learn something.

Our life's journey has continually turned out to be a circle. We are travelling along the same paths over and over again. The path leads to the permanence of our happiness. Faith, love and hope strengthen us in this.

## **Affirmation**

### **Shadow and light**

When you view the earth as a whole, the moon becomes the next most important thing and the sun the most intense thing that exists for us.

Seek safety if something of yours threatens to burn in the glare of the sunlight. This has an effect. Seek protection in a safe place. There, your life will suddenly be a good one. The shadow leads us to some insight into the reasons for this existence, whereas the firelight of the sun has consumed such things.

It would do no good to take our time in seeking our own salvation. What we should rightly do, we should do immediately. In this way we learn to discipline ourselves.

## **Idea**

### **A cosmology of horror**

Human beings know that they exist. A light dawns on them. They recognise their existence. Both actively and passively, we learn something about who we are. Life is intrinsically linked to our existence as human beings. This presents us all with valid conditions. We can name these conditions and thus point them out to other people. We are taught certain lessons that we must master. In doing so, we find ourselves. We have learned to acknowledge the questions of this existence. They mean something to us. The commitment to a person's happiness is limited from the outset to the good aspects of existence. Everything in our lives should be aligned with the order that must be acknowledged.

We need our own thoughts and ideas to achieve something good for ourselves. Everything is based on the given order. Internalising this order enables us to participate in life. For now, the 'cosmology of horror' should be one that examines the everyday life of us humans and determines what it means.

I am now continuing on my path. It is one that allows me to formulate certain thoughts about my existence in great detail. I have now come closer to the truth of my life.

## **Thought**

### **Anomalies of fate**

A world in which a mathematical-analytical anomaly is assumed to be the cause of the existence of the whole should also be one in which people have a sense of humour about the creator and his work. Perhaps that is precisely why human existence is so beautiful. After all, we hardly know what is really predetermined for us.

This is probably why we humans have recognised and preserved equality for ourselves as it exists. For the author Mathias Schneider, this idea is evident.

## **Thought**

### **Uniqueness and life**

We should pause to consider the concept of things. This will be a moment of mindfulness. Once we have learned to control ourselves, we will be able to easily carry out the necessary considerations of the given. Then we would no longer need to grit our teeth so hard, because we are already doing well. In addition, we will find many lights within ourselves that illuminate the things that mean something to us.

## **Idea**

### **A consideration and understanding**

This world, in which everything that exists goes hand in hand, should be beautiful. That is how we see it. One phenomenon has led to another. With a certain determination, it has done something like this and made what exists come true.

I want to be satisfied when people are happy with their things.

## **Thought**

### **Resistance**

The highest commandment is to uphold human integrity. We must preserve it. To this end, we protect our fellow human beings from unnecessary hostility and thus cease to weaken them unduly.

Every person has something about them that gives them impetus. This should determine their willingness to experience what they encounter. They can then follow their path and do something. From time to time, they come to reflect on what they have achieved. Their thoughts lead them to orient themselves in their existence in a way that is good for them. Each and every one of us wants to experience a certain amount of progress in life. We have made that clear here.

## **Impulse**

## **Simplicity**

Our mood should be cheerful if our existence is kept simple and we experience progress in life.

## **Idea**

## **Moods**

With some justified goodwill towards the people around me, I would like to say something here about the human mind.

It is clear that taking a person's constitution into account contributes to the current situation in which they find themselves. We lead our lives in a peaceful manner. We understand that other people need the same things we do.

Life is a truth in itself. That is how we understand it.

## **Impulse**

## **The kenning**

Knowing someone well also means knowing something to say about them. People should support each other when they speak up. Everyone gains something when they stick together.

## **Idea**

## **About the world**

The principle of decline affects everything that exists. Without this behaviour of natural things, nothing predictable would happen.

We all know a certain part of the world. We each have our own unique relationship with the world. We observe our relationship with it and relate our own possessions to what we know of it. In doing so, we learn our lessons.

Our knowledge determines who we are. In this way, we bring our inner world to life. There should be a pivotal point for us in what we do with the fact that something like this is our own. Meanwhile, some events have already taken place that we have not yet properly classified. Something has arisen within us for which we were not yet ready. We believe in the proper construction of this creation. Some of it existed before us in the aftermath and was right for us because it meant something good.

We observe what is given. Like a fan, the order of things appears before us. One thing overlaps another and yet is permeated by another. We have already sensed that the behaviour of things will not be easy to understand. So we have given up on everything. Everything has found its place in an orderly manner. Soon it will become clear to us what constitutes the given. The ever-similar things happen to us and make it clear to us how the sphere in which we move is structured. The simple things are closest to us. With them, we make something we want to achieve come true.

Thanks to our consciousness, we can find out what has conditioned us so far as we have gone our ways. We deal with this. We prepare ourselves anew every day for our own path. To this end, we have reviewed our current lessons and adhered to what they mean to us. In doing so, we have committed ourselves to our own cause on our path through life. Our life should be a good one. There are many variations on this. We look within ourselves and determine the path for ourselves that we have known something about.

Life is something that certainly requires effort. We already know one thing about it. Our paths run in a circular motion. We adhere to our guidelines by repeating our own actions. This trains us. Once we have become sufficiently accustomed to how things should happen, we also persevere in our lives in the appropriate manner. As a result, we learn about what is given.

## **Documentation**

### **Life**

My life consists of several phases with the same goals, and is shaped by a series of individual episodes in which I achieve them. I proceed from the same standards that I have used before. With their help, I can recognise the proportions of things.

I believe in the value of my task and make my contribution to the community with its help. Some of what I have done has already been accepted by those around me. This allows me to achieve something of my own.

## **Impulse**

### **The word and its value**

Names and numbers have always had something about them that makes them comparable. They convey the meaning of things to us. We talk about what constitutes a thing. That should be something we are happy to accept.

Words mean something to us because their value can be assigned. They embody reliable quantities for us.

## **Idea**

### **Capacity to act**

If you want to get on well in life, you should strive for peace and tranquillity in the present. Then your existence will prosper as soon as external circumstances allow. We should remember the facts of our own lives in a timely manner so that we can make them come true.

## **Thought**

### **The trivial**

A person's aspirations should be those that they pursue above all else for themselves. To do this, they will have to understand a few things. Through introspection, they can ensure that they pay sufficient attention to the concerns of their existence.

People have many opportunities to realise their own goods, insofar as they accept what is given as it comes. To do this, they must confirm it in order to be sure of something.

## **Idea**

### **A framework**

The essence of a person cannot be understood in any arbitrary way. Every person has fixed characteristics. They carry something within them that has made them who they are.

We shouldn't claim that we alone are people with idiosyncrasies. Everyone has something that suits them well. That has happened, but a corresponding life will also be unique to each person per se.

We openly reveal some of the things that are close to our hearts. We can feel joy just as well as sorrow. Everyone lives their life in their own way and is responsible for themselves. We have to answer the question of whether we can cope with our lives as they are.

## **Freedom**

### **An appeal**

To give freedom to a person who has not yet achieved anything for themselves, or even to expose them to such freedom, means pushing them into nothingness. Everything that began in this way would continue to be no good for a long time to come.

## Documentation

### The story of one's own

A conversation with a good friend led him to suggest that I explain the meaning of the term 'own frequency' in more detail and specifically explain what the proportion of one's own frequency means to me. I would now like to do that in this short article.

I write about what one's own frequency is so often on my text pages in the 'Baukasten' file that it makes sense to explain the non-technical part of it in more detail.

I imagine that most people are familiar with the kind of moment I am referring to when I talk about drinking a cup of tea, for example. We have probably all done this at some point.

We take a tea bag and put it in a cup. We boil the water and pour it over the bag. Then we wait a short time for it to brew. Now we have a tasty drink that we can enjoy.

I used this example in a conversation with my friend to explain the concept of the self. I would like to repeat it here.

Then, when we go into the kitchen and put the kettle on for tea, we already sense that this drink will do us good. We combine our expectation with joy at the pleasure that lies ahead.

We know many such moments from earlier times in our lives and are therefore prepared for what we can arrange for ourselves. An expression of our own personality emerges because we have perfectly linked the memory value and the expectation. We look forward to the tea, even if it is not yet ready and we still have to wait.

A person's own frequency is what makes them alive. That's how I imagined it.

## Impulse

### A spiritual connection

What is man? But what will not be man? I.

He consists of flesh, bones and blood, but he has not been an accumulation of flesh, bones and blood. Everything about man should be well sorted. His temperature allows the order of the substances present in his body from birth onwards. This had already taken place before, carried and guided by his mother. A human being has remained viable because of this temperature. Although this alone has not been sufficient to see, comprehend or describe everything about him in a sufficient manner, without it it would not be possible to imagine a human being as a living being.



The temperature gradient requires us to continuously consume sufficient energy. It should not be too high, but it should also not be too low in terms of its value for us. Depending on the type of energy supply, a human being will find that a certain temperament is more pronounced in them than another. This should not be without effect on them.

Maintaining a certain temperature has made it possible for metabolic processes to take place in the human organism. Both the transport of substances to the consuming units and their storage as processed and adapted molecular structures shape our body and ensure that we are warm. That is why we are viable.

We have thought about this. Every cell in a human being should be a self-contained organism with all the necessary equipment. That is an assumption I am happy to make. The cell will fulfil the task assigned to it in accordance with that assumption. From this perspective, human beings can be described as perfect, without having done anything wrong.

It is the created aspect of human beings that has meant their completeness in a perfect way.

Life is viable beyond the death of its cells. This is what we consider to be our gift of reproduction. The true fact that our life continues through such reproduction and transmission of the spark seems strange at first. But this is certainly the case.

To do this, humans need a partner. For a man, this should be his wife; for a woman, her husband. People have generally grown up in monogamous families. They will therefore recognise monogamy as the ideal relationship.

Two sources are needed, which have united in a favourable light, in order to conceive another life. The image of seed and soil can be used to illustrate something of what constitutes procreation. However, I have also recognised the union of shell and core as the cause of human procreation. In doing so, I have regarded the union of both parts as a fractal of the processes of human development. The gift of life continues in life. I assume this because everything about us must be imbued with the uniqueness of procreation in order to exist well. It is the principle of beginning that is valid for life, but also the principle of its preservation.

Based on the cellular structure of a woman's body, which has always provided not only nourishment and warmth, but also protection and security, there should be a connection between the living and the world. The human being will be bound to the mother and father of the protégé. That is how I saw it.

The child to be protected is primarily cared for by the mother. What was previously carried in equal parts by the father and mother is now nurtured in the mother's body. Such a gift of life should not be a single event that has ended abruptly. It should not be understood as a single bang that has now faded away. Rather, it should be a life that has been carried since time immemorial under the protection of life, which is what defines us.

II.

It seems appropriate to me to state that I believe something else. I have thought that a cell is able to remember its existence throughout its life because it is the only way

only in this way can it learn about its task. But if it already knows so much, it also recognises the plan that applies to life. Therefore, I would not rule out the possibility that a cell is fundamentally able to orient itself towards the requirements for its vitality, i.e. that it knows something about its life and its dependence on the whole. I believe that it will recognise what confirms that life is something good. That is why I have considered it true and a given that it wants to maintain such a life by using its own strength.

This insight into the necessities of human existence will not only provide such a cell with the motorisation of a machine, but will also affect its consciousness. There is an affiliation of the cell to the cell network as well as a certain independence from it in terms of its own tasks, so that it can perform them. Class by class, such cells form these units, which I would like to refer to as clusters consisting of interacting cells. This is what class by class forms units in order to organise itself. These are either loosely distributed throughout the body or occur locally as clusters. They then form distinguishable components of the body, i.e. organs. Thus, something will occur in the human body whose inner reference can manifest itself as a cell. The clusters, consisting of the most diverse units of cells, should be organised partially independently, as are the individual cells.

The body has thus become a viable shell for a human being, as we have recognised. The light in it defines it just as much as its abundance of cell material does. This gives it shape and form, making it flexible and mobile. It is formed by its spirit, but also by its matter and its structure as an aggregate human being, made up of life, ordered by reference and connection, carried and formed according to the desire for a will to live.

A human being is changeable and adaptable. This is also due to certain properties of his cell structures. These carry the necessary power to organise the organism itself. We humans are self-determined beings per se. Without having unduly doubted the necessity of such a determination, we can also assume that our life-sustaining processes are determined by internal factors. Equipped with a whole apparatus of similar but all viable structures, we humans exist. We consist of matter that is related to a living spirit and carries structures in itself. That is what we represent. We possess the whole as a living organism. This organism is what constitutes our health, stabilises and strengthens it, and thus grants us a peaceful and long life.

It is not only external success in the world that enriches a person's existence. The beauty of their inner order also grants us a certain fulfilment. No one needs to lose anything, give anything up, envy anyone or even weaken because they are capable of carrying within themselves all that is good. Everything that is achievable should be close to us. Then it can be well preserved by us.

I believe that what I have described here about life and its meaning for me is not untrue. It is my way of expressing what life is all about.



## Impulse

### The code of a yogi

From here to there, the path is determined by us humans. It will always be the same distance. It has been an eternal path that has cost us infinite effort. We have to come to terms with that.

Inner paths within humans also exist in this way. The principle applies to them that even the smallest distance can be divided infinitely many times. How could it be otherwise than that these paths have all been very long?

This has amazed us all the more, because we can now equate all paths with each other by means of the given assumptions. An equation of what has constituted them for us should be accurate and true.

## Impulse

### From the inner construct

Starting from a consideration of the valid framework for human existence, which has also been happily chosen, we can look at how human existence is structured. Our considerations in this regard should be understood as an aesthetic investigation. Now the author Mathias Schneider would like to describe what occurs at the intersections of a matrix grid.

- The seed (the origin in biology)
- The coin (the medium of exchange in the general economy)
- A star (the visible point in the sky in astronomy or the fixed point in navigation)
- Energy (Planck's quantum of action in physics)
- A relation (a statistically measurable value in stochastics)
- The conclusion or the additional element to the whole (the eleventh Sephiroth in Kabbalah)
- Bindu (A melt in a crucible)
- The Blob (An ink stain in painting)
- A programme called Bios (The activity of the kernel in computer science)
- The nu (the moment in the sequence of time)

This list remains incomplete. All types of manifestations of the matrix of human experience have something in common. They embody a unity that can occur repeatedly. Schneider likes to use them to form interwoven structures. Their structure appears to be regular due to the repetitive nature of his work.

# Speech formation

## Impulse

It would not matter what one says, but it will matter when and where one did so.

## Documentation

### Statement – Art of Zero

Dream your dream. Live your life. Make the most of your time.

Time, spirit, structure and matter fundamentally shape this universe. The material (power), the structure (information), the temporal framework (meaning) and the order that unites these things (essence) are the elementary components of my work that I prefer to use to depict this cosmos. They are also the components of every theme I tackle as an artist. That is why it means so much to me.

There is something to say about every work. Hey! Beauty is in the eye of the beholder. This has been handed down since ancient times and will prove to be true in exactly this way.

As a user of this work, every visitor is a unique personality with their own feelings and a very personal view of the things in life. We are shaped by our own experiences. So it is good if our work is compatible in its nature and has no weaknesses in its structure.

We believe something. Evidence is truth. From it we derive what we know. Aesthetics is one of the keys to mastery for human beings. So let us dedicate ourselves to those people who have held us in high regard. They radiate a light whose brilliance we appreciate.

Mathias Schneider is a member of Beggar's Art Service. He writes song lyrics and makes motoric music. His paintings are also part of his personal creative process. With the help of his works, he has managed to distance himself from foreign influences. He has increasingly built his own oasis in the middle of an ocean full of life. This is the only way to conquer life in the desert. He wants to be a point of reference for others and serve as a role model for them.

According to his view of things, the quantities 'everything' and 'nothing' are of the same nature. One emerges from the other, the other merges into the one. That is why he has held on to everything and lost nothing that is important to him.

The following thoughts should be clear. The artist's strong subjective connection to his work is intentional and desired. Thanks to this idiosyncrasy, the creator of his works has the power to unite everything he has created in the meantime. This will enable a conclusion in which everything that exists is connected. The creation of these works thus affects our understanding of order. It does not simply pass by or end with the completion of the work itself.

Once something has been created, it is there to stay.

**Impulse**

I understand the basic state of human consciousness to be the undifferentiated hallucination that lies dormant within us.

**Impulse**

The value of a painting lies in the healing it brings about.

**Impulse**

A special state will be like a higher degree of order from which it is possible to determine the things that belong to it.

**Documentation****Independence**

I can only follow the path that is intended for me.

I explore the local area using my own words. In doing so, I become aware of certain things. I perceive something.

True to the principle that less is more, I reduce my statements to their true content. I am concerned with the equality of things, so that the relationships I am dealing with remain clear.

As a realist, I function only moderately well. Most of the time, I am inspired by my fellow human beings and try to keep up with them. In doing so, I recognise my limitations, but I care little about the limitations of my person. I like to realise opportunities that have arisen. All too often, we humans are led to believe that we must be different from what we already are. Yet preserving one's own nature is the main factor in a person's growth. People who are up to their tasks achieve more than those who have constantly failed.

We assign ourselves to goodness and preserve it as it is. What will come of this should be the power of kindness. We have coined the phrase 'good things come from good' and understand that it is true.

We pause to reflect on this.

Our spirit is very important to us. We attach great significance to it. It represents our life, but also our fulfilment.

With the power of our good attitude, we conscientiously shape our own work. Instead of causing us to fail, things flourish for us. I have no other explanation for this than the aforementioned structure of our already familiar relationship with ourselves. We find thanks to the order of our relationships with ourselves.

**Thought**

A perception differs from a hallucination in its relation to what is given.

**Idea**

## From the many to the one

Those who have sought a practical way to accomplish their tasks in a good manner should, at best, take a close look at their approach. Before we set to work with vigour, we should stand correctly. The tools must be held and guided in a coordinated manner. To achieve this, we make the impossible possible.

Starting from an unsuitable state of ourselves, we have to position ourselves in front of the work. This takes time and requires practice. We know that we have a thousand arms before we train to become craftsmen. Every movement of the hand represents another of these arms. So we reduce our manifold gesticulations. We melt them down.

**Documentation**

## Template

From my own point of view, I would like to explain something to you. I believe that at the beginning of all things, one must start from scratch in order to master them.

First, I trace what I really liked. To do this, I actually use stencils. I take images that have already been created and trace them.

This creates additional layers of colour. I keep these separate from the original works. I can do this by placing a new sheet of paper over them. In a computer drawing programme, this is referred to as a new layer.

Thanks to the use of these stencils, I can edit my work again without losing the original works.

**Impulse**

People should observe themselves.

**Impulse**

There are a thousand things to say and a thousand things to do. However, only those who know their way and know how to limit their steps will be able to experience happiness.



**Rhyme**

In the search for happiness, many  
break their necks. For those who  
are not content with themselves,  
this life is a chain.

Those who idly strive for the end  
will soon pass away.

Those who have not let go of all  
this are digging their own graves.

**Rhyme**

Everything is permissible, but nothing has been  
allowed. Thus, man has been robbed of his  
freedom. We must let go of everything, they tell  
us.

We think to ourselves that this is hateful.

Everyone is permitted to do everything, but we have nothing  
to laugh about. Everyone is grabbing, everyone is gawping,  
they're like monkeys, just monkeys.

We didn't go along with that. We don't feel like it. In the end,  
they'll catch us,

laugh at us and do terrible things to us. We can  
already feel our frustration.

**Impulse**

Those who protect others must know what they are doing.

They promote those they try to protect.

So it is their will that the other person's cause should continue.

**Impulse**

I would like to write down something obvious. My word  
has to do with me.

**Idea**

No one invented human dignity. We know that it exists. So we use the light from  
ourselves and conjure up a glow.

We dare to show this. In our minds, we dance a round dance.

Existence will be useful for something. There is no need to worry about that.

**Impulse**

For didactic reasons, I remain true to my conviction.



## **Documentation**

### **Boundaries**

What is a shell for one person will be a vessel for another. That is what defines a boundary: it always has several sides.

Every thing has its own appearance. We approach things closely and observe them. What we can see also results from us. We ourselves have assumed a certain position and look at things from here with a greater or lesser distance. What we get to see depends on this.

We recognise the light of the world. What we have seen soon becomes clear to us. We orient ourselves and find ourselves in the process. All happiness is bestowed upon us. We draw on what we have and make what we want to be a reality. That should be our will.

We appeared there without opponents, but soon other people join us in our thoughts. Their closeness to us is what makes the difference.

We realise that we are embedded in a network of interpersonal relationships that have demanded everything of us. That has not been easy to bear. But knowing these people is also what makes our lives beautiful. Without our fellow human beings, we would be nothing.

#### **Impulse**

All change in things stems from constancy.

#### **Thought**

There are always two different ways of living. One aims to preserve the good in one's own existence. This path leads to happiness for human beings.

The other way of living life cannot be mastered. It therefore does not need to be pursued.

#### **Impulse**

Everything is in flux. Life carries us along with it. Time passes, but it also takes us with it. That is our fate at present. Do the gods even know what tomorrow will bring?

#### **Impulse**

We cannot do anything about what has affected other people.

#### **Impulse**

People are unapproachable. They act like Pasu. Yet they have ostracized us.

## **Documentary**

### **No Code**

The code determines what happens. A code is therefore a set of rules of conduct to which one commits oneself. Both words are closely related.

But a code is nothing more than a combination of words presented in a certain way. We distinguish between code that can be reproduced and code that cannot be adjusted and is therefore ambiguous.

We know that one principle applies in the world. The first wrong step leads directly to a wrong turn. Continuing on the path after the misstep is the wrong turn per se. That is why we create routines for ourselves that check and correct what we have done.

We recognise that our paths follow a pattern. This pattern has always been the same. This is how we determine the nature of our things. What we have achieved shows what we are capable of creating.

We set ourselves a framework. It is intended to give us stability.

In the sequence of our actions, we follow a path. This will be our trail. It follows the lines we have drawn for it.

## **Documentation**

### **Human acceptance**

Thanks to our acceptance of the true circumstances of this existence, we can enthrone ourselves and take possession of the things that have been destined for us. We realise this. In order to realise this, we have committed ourselves to our own cause, which is important to us.

We are like weavers. That is how we present ourselves. We create cloth from what others have spun.

This is how we have acquired the ability to get along with people.

## **Impulse**

### **Be brave**

The approach that it is intelligent to use a template when you want to copy something is correct.

The idea that using templates leads to better products is also true. This is because the manufactured products can achieve a consistent level of quality.

There is nothing wrong with using technical aids. The question is rather which aid is the most suitable.

## Documentation

### One approach

My memories are precious and important to me. They represent something from which I can draw emotions. The same applies to the visions I have had throughout my life.

However, my visions and memories of my existence do not always agree with each other in terms of how they reflect my life. Some of them are half-baked, but what I have seen may also be incomplete. Nevertheless, I follow my inner light.

What has been revealed to me has appeared in exactly the right state. Even the mistakes and weaknesses of this visionary introspection have the expressiveness that would be required to be able to do something with these things. Something is reflected there. What I am will be as I have seen it.

Sometimes this vision appears in everyday life. Then I sink into these images and appear tired to those around me. The visions captivate me. The colours of these impressions paint my life.

## Documentation

### The good school

Whatever we experience, we try to cope with it.

We all know things from our own lives that have raised questions. Sometimes we have been able to clarify these questions, and sometimes we have had to leave them unanswered. It has not always been right to seek answers.

'One should live the questions; the answers will come in life itself.' True to this approximate quote from a German poet, I have come to terms with the fact that it is not necessary to answer all questions prematurely. I am happy to leave it at that.

But no matter how hard we strive for fulfilment, only that which is ready will be fulfilled.

A good school addresses the things that have arisen naturally in this existence. It does not select knowledge in any way. Nor does it probe the way in which consciousness is represented, only to prescribe a single form for something that is essentially multifaceted.

Further content is taught to us at school. This can go beyond the ordinary. Then it represents added value. What we learn at school is something we have already seen before. The earlier in life we become aware of how things really are, the sooner we develop the corresponding abilities.



# Poems

## Poem

### A star for all time

Normally, we indicate what can offer us guidance. Then we can look at it.

We have to digest the reactions. Our meaning becomes more concentrated.

We couldn't help  
say that we felt a sense of happiness in doing so. Oh,  
there are such gifts.  
That is always possible.

But the many times  
when people argue with each other have also  
brought something with them.

Then it is dark at night and light  
during the day.

We always hold on to what brings us fulfilment. That is  
something that is reliable.

But it is also something we strive for.

## Poem

### Reflection

Finiteness would be a power that makes humans conditional. One soon possesses everything, but one only keeps it for a short time.

That is why humans complain about fate, without question. But hasn't it been the same for everyone? All humans fear.

This one life is so dreary. Hardly anyone can forgive themselves for their suffering. Hardly anyone makes something better out of it.

We don't enjoy the whole thing. Yes, the sun doesn't shine every day. We have to learn to deal with it fairly.

Meanwhile, the winds continue to blow,  
many days pass, worlds disappear and worlds are created. All this continues for us.

Meanwhile, life goes on.

At first, everyone is happy and cheerful.

But then, after a vain exuberance, after an excess of strength and vitality, at some point we are hardly well anymore.

The embers die out within us and decline follows immediately.

Life seems so long.

With serious and gloomy expressions, we remain there,

Seeking shade, rest and love, they

grow greyer, year after year.

## Poem

### The finite

Existence wears me down so.

I have crawled into the darkness of the night. It is filled with loose finiteness.

When will the time finally come for me to rise up and no longer go under?

## Poem

### Basic trust

The number one priority in life is to forgive your enemies.  
Only when this has happened will you feel who you really are.

Forgiving your enemies is a preparation for life. The great enemy  
within should be your first concern.

To the same extent that it seduces you, you control it.  
One day, you will seek the peace that is worth striving for.

If you can control yourself in this way, you will be happy once again.  
In this way, you will finally achieve a state of being that is true to yourself.

Move, that is my word, for a blessing drives you on. Persist here, in  
this place, and be no longer foolish.

Then all that you are will also be yours. Then you can  
finally reach safe waters.

## Poem

### Ailment

The words should be excellent,  
but not much has been excellent for me. What  
I have received is beyond question.  
Some have criticised it. Some have not  
understood it.  
People have attacked me.

My life has been sullied.  
Yet I once meant well by them. There are many words  
to be heard from people, but they have given me  
nothing.  
I spoke about what I thought.

Whatever happened, I listened  
to it.  
It turned into something.  
It's true in itself. That  
should be enough.  
Then it can be used.

## Poem

### Attitude

What am I spinning together here?  
What of it will come true?  
My body is covered in bruises. I am in  
pain.  
They mark my life.  
I have not blamed anyone for my fate. I pull my hands close to  
me.  
I hold the plough straight.  
To fail in life would be a shame.



## Poem

### From the light

Good is something that has found its place. That is  
where the whole thing has taken its connections. We  
also like what we know today.  
But that would not be all that matters to us.

A painter fills the page with colour and form.  
When he has succeeded in something, he is  
happy. This existence is fulfilling for him.  
It is his vitality that gives his works their meaning.

Soon he has put down his pencils again. What  
has his creative power brought him? He  
wonders what it is that defines it.  
Then he lets it go. He doesn't know the answer.

# Song ideas

## Song

### Journey through life

In life, we look for signs  
that show us the way, give us direction. We  
look at what lies ahead  
And try to understand the landmarks.

Sometimes it is difficult to find answers, We have to  
cope with reactions and recognise the meaning. Deep  
down, there is something within us  
that we perceive as happiness.

Times of strife and darkness bring us many  
difficult hours.  
The night may be dark, but the day will be bright again, Then we  
will realise what fulfils us.

Sometimes it is easy to say something.  
Joy is to be felt, meaning to be recognised. Deep  
down, there is something within us  
and we feel it as happiness.

Fulfilment is a goal we set ourselves. It is an  
anchor in time.  
But we must fight for it,  
Every day, every hour of our lives, this is demanded of us.

Sometimes it is nice to give answers, People  
are constantly searching.  
Deep down, there is something  
within us that we perceive as  
happiness.

## Song

### Reflection

Finiteness is a force that creates our conditionality. Soon everything is possessed, but only briefly preserved.  
That is why humans complain, without question, against fate.  
But has it not been so for everyone? – All humans fear.

This one life is sad, hardly anyone can forgive themselves for their suffering. Hardly anyone makes something better out of it.  
We do not enjoy the whole thing; yes, the sun does not shine every day. We must learn to deal with it fairly.

Meanwhile, the winds blow, many days pass.  
Worlds disappear and emerge,  
and all this continues for us.  
Meanwhile, life goes on.

First happy and cheerful, then, after vain exuberance,  
after an excess of strength and vigour,  
we have hardly ever felt better.  
The embers die out, and decline follows.

Life seems so long.  
With serious, sombre expressions, we remain there,  
seeking shade, rest and love,  
and we grow greyer, year after year.

# Thoughts

## **Impulse**

Lies are bad, but at the right time they were not. The truth is good, but wasting it has no value.

## **Thought**

## **Subtlety**

Sometimes it is enough to know the guidelines for a form that have determined it in order to find a good path for yourself.

## **Impulse**

## **The steadfast person**

During a brief conversation about the enjoyment of coffee and cigarettes, I once made the following statement. The effects of the substances contained in these consumer goods have always been understood as complementary to a person's vitality. Human health could not be better than it already is, nor could it be improved upon.

People's ideas about the properties of these active ingredients have always been very misleading. We sometimes like their effects, but they have also had a negative impact on our health in some ways.

Without them, we soon could no longer cope. Everything that has been achieved through the consumption of substances has led to a dependence on such consumer goods.

However, this has had the consequence of weakening people. Those who are greedy have clearly lost quality of life as a result.

## **Documentary**

## **I am**

I want to follow a path. I am now talking about my desire to do so. So I am making this a reality. But only then will I experience a state of being. First, I must have done something before I can experience it.

As a rule, it has been good for me to keep busy. It allows me to participate in events. I usually benefit from this because I have done things in a way that has been right for me.

## **Impulse**

### **In memory of**

A natural phenomenon should be good for something. It wants to be recognised by people for what it is. No one can avoid a natural phenomenon. It occurs as it is predetermined to occur in certain situations. As part of nature, it is connected to everything from which it originated.

A cat did not hurt itself when it bit its tail, but rather played with itself. The fact that cats sometimes treat themselves in this way is said to have made them what they are.

By analogy, I regard all those behaviours that human nature has brought with it as something good.

## **Idea**

An order of the given should be true in itself. That is how it appears and that is how it affects us.

## **Impulse**

Those who wish to say something with their words that should also be of value to others should adhere to the truth of their lives.

## **Affirmation**

Simple tasks clarify a person's natural ways and give them insight into their behaviour.

## **Thought**

Then, when I was given the choice between taking the full glass or the empty glass, I sometimes took neither. That doesn't solve other people's problems.

## **Thought**

### **Soheit**

I did what I could, whenever possible, as soon as a good opportunity arose for me. You have to create such moments for yourself.

I don't need any tools to do that. I didn't do anything to make to make something true if it wasn't already. When the time came I simply obtained it. Something good has rightly remained with me.

## **Thought**

### **Pulsating vitality**

I can concentrate for a moment, but the human spirit cannot be permanently banished. No one can achieve such a thing.

No one has had sufficient reason to put themselves under so much pressure that it would hurt them.

## **Thought**

Being in a phase of preparation for something significant in one's own life should be common practice. In doing so, one can clarify one's strengths and their connections. One should look at the true circumstances of one's own nature. Some good things then came to us in a simple way.

Good things should be such that they exist on their own.

## **Thought**

### **Consistency of the given**

Accepting yourself as you are and have been should be beneficial in the long run. In doing so, you have learned something about yourself over time. You have learned to persevere because you have begun to believe in yourself. We should get used to the fact that there are many opportunities for us to develop such positive convictions. What else should be true for us other than belief in the permanence of what is given? We have already acquired the key to our own happiness in this life. No additional things were needed to tackle life.

Once we have come to terms with what we have, we feel good about ourselves. Everything should be good, as it already is. We hope that we will once again be able to cope with our circumstances in our own way.

We are also aware of our own failures. That is why we take into account in our considerations that we can also fall.

### **Affirmation**

When you grow, you grow towards the sky. When you thrive, you also thrive from the roots.

### **Thought**

## **An approach to people**

Everyone wants to be treated with respect. We also want to experience something good in our interactions with our fellow human beings. We have attended many meetings with friends. We talked about many things, but we also laughed and ate. Sometimes we hatched plans together. We made plans, discussed them with the people present and looked at our own path.

### **Thought**

Rest if you are tired.

Everything will be fine just as it is now.

### **Thought**

## **Recovery**

We look at people,  
but we have not recognised them solely as if  
they were objects.  
No one has been without their own nature.  
That is what we thought.  
Then, finally, the human being appeared to us as one.

What we thought should be true.  
There is a light in our eyes. There is a sound in  
our ear canal.  
A sensation has been felt by us.  
Everyone knows their own food preferences.  
We perceive things on our own initiative.

This allows us to recognise all other people as equally animated. A light dawns on us.

Something good connects us to our fellow human beings. Happiness has found us again.

As a result, we have let go and found our own peace. This has also been validated before us.

## **Thought**

## **Intimacy**

I have sometimes managed to keep my concerns to myself.

This gave you more space for yourself and soon convinced me of your point of view.

## **Impulse**

## **The moment and its course**

Sometimes we didn't know exactly where we stood with our things. Then we could only guess what something meant to us. But that was not a sustainable situation in the long run. That's why we put a stop to it as soon as possible. Let's just clarify the situation and ask questions about the validity of the given.

## **Idea**

## **A correct thought**

Something smaller stabilised something bigger.

Something smaller reinforced something bigger.

The smaller thing determines the larger thing in this way.

It should therefore be noted that this has happened. Something larger is made up of smaller things. The whole of it forms an order for us.

## **Thought**

## **Requirements**

We humans are driven by impulses. They propel us through life. But there have also been situations in which we have had to give ourselves a push. We did this so that we could get back on the right path for us.



## **Thought**

### **Human freedom of choice**

Our existence as human beings is predetermined by life. There are certain things that are inextricably linked to this, which we all recognise. We only have a certain amount of freedom of movement. This freedom is also limited by our responsibility for our actions.

## **Thought**

What you have received is basically your own doing. Nothing in life has happened for no reason. The outcome follows the path you have taken.

## **Saying**

### **Idealism**

A hare hops across the field.  
He's so fast. And he doesn't get any money for it. The  
animal runs, jumps and hops all the time.  
I almost believe it's in its nature.

## **Impulse**

### **Alienation**

The sirens whisper sweetly. Their nature is deceitful. Unexpected powers unleash further forces. The chains become heavier with every time you feel them.  
Resist their words. Override them. But you would not be able to resist the cooing. That is why I make use of the thing, I accept the language. But you will still feel the chains. Of course, it is better that you know this. Whether there is a way out for you is still a matter of concern to you. Perceive every stirring of your senses. Recognise every thought. Then you will soon be able to judge. Shake off the weight of the chains. Do not let yourself be dragged down into the abyss. Resist becoming a stranger to yourself.

## **Aphorism**

### **The beginning of the given**

When we are at the beginning of our own endeavours, they appear to us in a special light. Everything else will be delayed somewhat because we allow ourselves to be held back by how much they have impressed us. It is this kind of pause that defines a person.

#### **Thought**

In order to do something right, you should do it in the first place. In doing so, you will find out where you stand with your endeavours. If what you have achieved is not yet good enough, then you should simply do better next time.

#### **Thought**

Human beings are children of the earth. Their independence from it has not been proven.

#### **Thought**

If I don't want to do this, who else will be responsible for determining that my vitality is sufficient for this existence? Why shouldn't I monitor it myself?

#### **Thought**

Just so that our heads are finally back on straight on our shoulders, it should be worth something to behave righteously.

#### **Affirmation**

The given words are to be understood. That should be our task. To do this, we must shed light on them. In this way, we recognise their value for us. Without perceiving an inner light within ourselves, we cannot comprehend what is given. Once we feel what is there, this also presupposes that something has happened that can be felt.

What is that? Yes, who are we? Some liveliness of the mind stems from a person's questions.

#### **Thought**

You will obtain freedom when you have demanded it for yourself from others. You have to take freedom in order to possess it.

**Thought**

What is the point of expecting nothing from your own life? A person's fate is also shaped by them.

**Thought**

The Enlightenment movement reaches its limits where nothing has remained unchanged.

**Idea****Prerequisites**

A basic prerequisite for a successful hour of work on one's own creation would be and remains the prior washing of the body and cleaning of the designated environment. So let's get ourselves properly settled.

**Thought**

Even a small heart feels the emotion faithfully.

**Thought**

Bearing the yoke of life is foolish. But the world belongs to the most foolish. I do not want to come away empty-handed.

**Announcement**

You can do everything or do nothing. In between, there are many gradations. Everything has its sphere.

**Documentation****The right moment**

I give myself seven seconds for a breath, for a posture, for a seat. If that has led to nothing, I let it be.

## Idea

### Verse I.

Sea and wind, light  
and shadow.

They give you space to think.

The waves crash loudly against the rocks. The spray sprays tirades of  
water droplets.

Imagine that for a moment,  
you will be able to understand something.

Clarity and abundance,  
wealth and beauty. All of  
this is there.

Even if you think it wouldn't be for you, it still means vitality.

## Process

### That's trippy

The light is hidden in darkness. If you close  
your eyes, you will perceive it. If you hold your  
breath for a moment, something will emerge  
that exists.

With your mouth closed, you sit there  
and just are.

In doing so, you draw everything to yourself  
and come forward. In this way, you remain still,  
and something that has already been given to you is preserved.

Then you let go of it again and  
something happens.

Soon afterwards, it will be true  
that something is about to come  
into being. That is how it is.

You recognise this and are  
there. This is how you appear  
to yourself.

## **Vers**

### **Independence**

First of all, I can be something if I have nothing to say and know nothing. Then I will speak of what has been, and in the meantime I will content myself with the person I encounter.

There is a second thing I can do, if the gods have forgotten me, I am alone and no hope has arisen in me.

Then I speak to people and do not insist on my opinion.

The third thing I can do is if anger has struck me and I am to be punished. Then I refine my behaviour so that no guilt strikes me unnecessarily hard.

The fourth thing I can do is if my joints have been bound in chains.

I sing the song so that the shackles are broken and I can walk under the heavens again.

I can do a fifth thing, even though it has been of no significance. I speak freely about my existence and grab my foot in the process.

## **Thought**

### **Fate**

If reality is something that can exist, I ask myself a question. Why does change continue in the world?

What has endured before us?

Must I always bow to circumstances? What will become of me then?

Won't I end up with a hump?

Everything has improved for me since I accepted my fate.

## **Poem**

### **A value**

Whether it's cold or warm, the  
main thing is that it's water.

Whether it's near or far, the  
main thing is that it would be  
fire.

No matter whether it is light or  
heavy, the main thing is that it is  
air.

Whether it is rich or barren, the main  
thing is that it is earth.

## **Impulse**

### **On the nature of human beings**

For us, observing life will be a prerequisite for finding the truth of human existence. That is why we have named the things of life so thoroughly.

We have limited the words so that the whole remains manageable for us. What we can oversee has also suited us well.

## **Thought**

I was particularly pleased when I realised that I had come significantly closer to my goal.

## **Impulse**

### **Mindfulness**

When you're feeling down, you have to make sure you don't stay there too long.

# Biographical

## Impulse

### The continuum

Sometimes I need a little time to get things done. Who is surprised by that? Things happen in a moment, but human beings, with their rational minds, only comprehend them afterwards, when they are already as good as finished. No one can understand anything in advance.

We have intensified the duration of moments in order to achieve better results in our daily tasks. Some shortcomings have thus come to an end. We accomplish what we have to do anyway in a good way.

The same thing always happens in a tolerable variation.

## Thought

### Dominance

When I read something I am already familiar with, I think again about the statements in the text. 'What is this text telling me?', I ask myself.

The fact that the respective texts can tell me something is related to my reading speed. I have neither accelerated nor slowed it down. To ensure the correct speed for understanding the texts, I do not use any other setting than the current one, as it is currently available to me.

Each setting can be understood as a form of orientation. This is accompanied by a perspective and thus also a unique way of thinking.

What I have already seen before me can also be found there. When reading a text, I can hear my own vision. The texts therefore serve to convey my thoughts. Based on their references, something arises within me that allows me to reflect on them and comprehend what I have thought.

I deal with such reflections. They crystallise in my mind in the relevant situations. Something becomes clear to me. This strengthens me, but it also strengthens the meaning of my undertakings. Both have proven equally valuable.

## Thought

I understand the term 'consciousness' to mean one's own willingness to reflect, which extends over an entire period of time.

## **Documentation**

### **My task as an artist**

As a child, I enjoyed doing certain things. I often played music, but I also painted. In my youth, I also enjoyed practising asanas and breathing techniques from the field of yoga, which enabled me to establish a strong connection to myself and my needs.

That was a long time ago. A lot has happened in the meantime.

Nowadays, I approach my activities in a mature manner. I am certain that painting or making music would not be enough if one wanted to achieve something positive for oneself. Simply doing these things was not enough.

In order to map out my path more clearly, I revisit the things I have already created. I exhibit them and show what I have created. The picture show and music catalogue are supplemented by texts I have written myself. All of this is available to the audience.

The nucleus of my work should be worked out by me. This core of my creative power wants to be revealed and communicated.

## **Documentation**

### **Harmony**

At times, I have a distinct need for harmony. In a charged environment, I have not found the peace I need.

There have been times in my life when I have sought harmony. As a young person, I was generally neither granted nor allowed it. Instead, I was often labelled a 'do-gooder'. My conciliatory words were not accepted.

That did not sit well with me. This was mainly because I sometimes need peace and quiet wherever I am. We cannot choose all of these places. Some things are imposed on us. That is why it is important to be able to discuss what you need so that you do not feel uncomfortable.

Everyone must be allowed to arrange what they need for themselves. I still insist on this today, reminding myself of the failures of my fellow human beings in other times.



## **Documentation**

### **A principle of action**

The events of the cosmos are interrelated. The fact that they have occurred makes a difference. Everything has an appearance, but also a value of its own, which has appeared there. We can see and recognise this. We find our orientation. We are happy to deal with things as they appear to be. In this way, we have accomplished many things and also developed our own taste in fashion. This has strengthened us, but it has also given us security. Our image of this cosmos has emerged.

We deal with what we have. We commit ourselves to something that suits us. We are good at doing that. Our actions should give us a perspective, whatever they may be.

Everything is based on a person's thoughts. Those who have brought them to a conclusion have been able to clarify something in a comprehensive way.

With the help of closed circles, we achieve a great deal. In this way, we eliminate the mixing of the whole. A cacophony ends. Something becomes clear.

## **Impulse**

Those who change the course of an action change the ritual.

## **Phenomenal**

### **Human beings and nature**

Father Moon and Mother Sun accompany planet Earth as if it were their own child.

Reflections of this can be found in every human being. Yoga is said to be the science of such things. Tantra is said to be the art form of practising them. Mathias Schneider has been exploring these topics for years, yet he has never been entirely sure that what he has said or written about them will prove to be correct.

## **Documentary**

### **In a fever dream**

There are things to consider. These include, above all, the facts that have shaped our existence thus far. Experiencing them has allowed us to feel something. These feelings should be our key to the truth. We have explored them. We have written down a great deal and thus captured what needs to be said.

Afterwards, we made sure that we could cope with these works. To this end, we committed ourselves to things that we liked. This should bring us the happiness that emanates from our work. We strive for such things because they are good for us.

The essence of things is how they appear. In truth, it acts as a limitation. Thanks to this explanation, we recognise the whole and can understand it. The fact that it will take a few moments before we understand something again is evidence of this.

Without commitment, nothing would get done.

## **Documentation**

### **Phases**

I didn't always know what to say. Sometimes I remain silent, and rightly so. The thoughts I have are not always meaningful. Sometimes they are not yet mature enough.

So it happens that I protect myself from talking too much. I don't need to say anything if I don't know anything. It's only right that I collect my thoughts first.

My attention then turns to the entanglement. In such a situation, I am preoccupied with myself. Anyone who disturbs me wakes me up.

People should know that they are harming me if they do not leave me in peace.

## **Documentation**

I gradually refine each of my writings into an improved form that reflects my maturity. It will only be a matter of time before I have another idea about what I can do to stabilise the value of my works.

I realise that I have expressed the form of my actions in my works. They become comprehensible to me as soon as I sit down and read my writings.

What becomes apparent to me is the tendency towards improvement in the feasibility of the content I have written down. I have set this as a goal for my cause.

My writings should introduce readers to the essence of my work and enable them to see themselves reflected in it.

I believe that this is possible. Every person is the creator of their own thoughts and ideas. As such, they are always first and foremost a person who works artistically. Only with time does one gain their own insights that can be shared with others. As a result, sooner or later one will also get into discussions where one can represent one's own views. What remains functional and good from our goods at the end of these processes will be our tools for the future. What we can create with them has, after all, the value of a matured capacity.

## **Thought**

### **Filling gaps**

My work has a patchy structure. This is because I address my entire life in my writings. You could say that I am weaving a tapestry. However, the work and its understanding are counteractive processes. I want to understand what I have already achieved. To do this, I retrace my steps back to the beginning. In the end, it will be the framework and its structure that I must examine and judge.

The desire to create a collection of works in the style of a 'perpetual newspaper', embodying a 'book for everything', led me to create this 'modular' card index. In doing so, I immersed myself completely and spent a great deal of time ensuring that everything known about it today is included.

The principle behind my work is that I want to present what defines me in a compatible way. I do this so that readers do not feel uncomfortable just because they are sitting there looking at my writings.

However, the compatibility of my work should go further than that. It should be ensured that I name the good, the true and the right as it should be stated. The image that one subsequently forms of my existence has the same expressiveness as any other image of a person's existence. Only the degree of its elaboration will be different.

## **Impulse**

I evaluate and weigh my thoughts according to my own scheme. I try to understand what I will gain from integrating them into the texts of my exhibition.

It is also true that I always refer to my own thoughts when I write something.

## **Documentation**

### **An internalised path**

What happens shapes us as human beings. We give back what has affected us. To do this, we cite the circumstances of existence and name their characteristics. They are supposed to be inscribed in things and fixed. That is why they have been preserved by us. We have generated some knowledge by expressing how things are for us.

There, the person raised their voice and said something. Their own voice gave them a weight that meant something to them. Some doors in life only open once you have recognised the right thing and communicated it. Then you will be heard in the right place. Each of us also has physical weight. This allows us to emphasise our essence. Life has made us who we are. However, since no one can burden themselves more than they can personally bear, we have protected ourselves from overdoing it by applying too much force. We have kept to our limits and restricted ourselves to smaller things because they are less burdensome. They have far less drastic effects. We strive for fulfilment that is consistently possible. We want to continue to act in the same way. We have already become accustomed to our own course. Everything about us is already in good condition.

We embody something. Everything we enjoy doing has already become second nature to us. For this reason, we see success in our own endeavours as our fulfilment. We have recognised how something should be done and have adhered to this. We have followed this path and have already made considerable progress in our actual life's work.

As a result, we now enjoy our own lives. We have also been inspired by our work. The fact that what we want to do is our own business should make it clear to us that we are, in a sense, privileged by this existence. We can be happy and content with the way things are today.

## **Documentation**

The discussion of an event must take place in the present. Its content must be expressed now in order to be considered true. Sometimes we look back on past events for this purpose.

We recognise the history of humanity as something that has been told to us. In doing so, we must trust in the truthfulness of our fellow human beings.

Meanwhile, we also recount our own history. This is something that, at best, can be told around a campfire. Only there will it acquire the appropriate connotation to be considered true by other people and to mean something to them.

We recount what we know about our existence together with the corresponding perspective that we have always taken. We do this so that people can put themselves in the corresponding situations.

## **Documentation**

## **The search**

Anyone who wants to weave a truth from the sources of traditional knowledge must bring the past to life. To do this, they must look at the relics from that time and form their own picture of it. They must study the original sources or what remains of them.

We know something about the existence of us humans. We are here, after all. That should expand our knowledge. By reflecting on the things we know, we should arrive at something we know about ourselves.

We learn to compare what has been handed down with what is known. In addition, we have weighed up the impression these things make on us. We want to understand what conditions people experienced in earlier times. Recognising this will be necessary in order to interpret the effects of historical events.

In doing so, we have largely refrained from speculation. All chains of words should be as clear as possible. Our thoughts have their own structure. It follows the usual logic of a language. This will be something causal. The content to be conveyed must first become clear to us before we can reproduce it.

### A trivial standardisation

As an author, Mathias Schneider has decided that he wants to leave the light and shadow of his experiences as they were and acknowledge them as such. In accepting the given, he has studied the events of his life, but also reflected them in the context of his own sensory perception. What he perceived from this was of no use whatsoever. Happiness therefore abandoned him, but at times it only became possible because he remained sincere in dealing with it. He examined the meaningfulness of his perception and found nothing that was different from what it was.

In order to be able to put a lid on the whole thing, he understood himself to be free of fixed ideas and remained open to whatever happened. Sometimes something arose of its own accord, but sometimes he also had to trigger it in order for something to appear. Basically, he looked at the world and found himself relating his life to it.

He recognised the outline of his person as an interface and normalised a phenomenon where it appeared. There it stood perpendicular to him. In this way, it reached him and shaped something of what he embodies. A transfer or exchange between the inner and outer realms was therefore able to take place completely within him.

His nature allows him to perceive what is given. What is given, what is already familiar to him, occurs as an internalised resonance and reflects what he can feel. It is good that he has aligned himself with his body beforehand. He thus puts himself in a good position. He knows how to leave something given as it is. Happiness has made this possible for him and finally put him in a good position.

What we have recognised from the world directly surrounding us, we have also retained as an image of it for ourselves and later perceived again.

This is how we have secured our routines.

### Biographical

During my early youth, at around twelve or thirteen years of age, I began practising simple asanas and pranayama. I found the instructions for this in a book from my father's library. The authors of the book are Selvarajan Yesudian and Elisabeth Haich. The book is entitled 'Sport & Yoga' and has been published in German by Drei Eichen Verlag in several editions. Sometimes I practised yoga at home in my bedroom, but I often went to the lake or a park to do so. It was important to me not to do this in a place that was too exposed.

In a small, little-visited park in my hometown of Offenburg, known as the Gustav Rée Park, I spent quite some time, from around the age of 15 onwards, practising the postures and breathing techniques discussed in the aforementioned book for about an hour every afternoon at around 4 p.m. Since then, it has been very important to me to feel comfortable in my body and to maintain what I have learned.

Nowadays, however, I very rarely practise such exercises on my own, as I did in my youth. Yoga has become a cosmos of possibilities, opportunities and spheres for me. I have acquired some knowledge of this cosmos, but I know that I cannot fully exploit it with my efforts. However, the set of forms I use has remained consistent since then, which is also of some value to my cause.

Even though it is true that I am currently unable to perform some of the special postures of Hatha Yoga, which are correctly referred to as asanas, due to a lack of strength, I am still concerned with the content of such things in this area. Every now and then, if a day of special significance for me has come, I still sit down on the floor at home and find myself. Then I spend a long time focusing primarily on myself, which has often done me good.

Exploring the functionality of my own body has sometimes given me great pleasure. The approach is important to me. I also meditate. Playing musical instruments teaches me to coordinate myself precisely and to maintain good posture. Playing a song gives me the impressions I need. This triggers pleasant moments for me. I would like to experience more of these in my life. At times, I have had wonderful feelings because I have succeeded in one thing or another.

I have now come a long way in my life and can say that I have grown up. One becomes noticeably calmer and more relaxed with age. Some things in my life have become almost a matter of course for me over the course of my life, and yet they have always brought me something good. I have become accustomed to their presence. I can already deal with some things well and get along with them while I do so.

So now it should be a given that I hardly want to influence the way I live my life anymore. I usually object immediately to any correction of my posture. I accept its existing form as it is. This has little to do with optimising those specific aspects of my existence, but it is in keeping with my path. In this way, I hope to maintain my sincere connection to everything that has shaped me to this point.

The human body has many different areas that can be influenced by the individual. These areas should all be in harmony with each other. Their connection as a whole should make this possible.

So many things are supposed to be effective at the same time. Who has known the beginning and end of this? – This thought gives rise to the idea that I do not want to deliberately manipulate my affairs. I have adhered to this. Something I have already experienced is settling in me. Leaving what defines me as it is should be in line with my intention. So I have accepted what is given by leaving it as it is. This will be meaningful to me. In doing so, I have been able to see something that resembles a vision. This truth has become more or less clear to me.

### **Documentation**

Mathias Schneider likes to write his texts with memories of things that have already happened in his life. This refreshes his thoughts. He feels that writing his own texts empowers him because it nourishes areas of himself that are deeply rooted in his nature. Once he has reached these areas, he can also feel them well.

### **Documentation**

## **An analogy**

The Earth is a planet, but it is also the place where we live. Even if we have no special knowledge of the peculiarities of this cosmos, we are familiar with our own lives. We know what kind of environment we find ourselves in and, at best, we can cope with it.

We understand our own existence as one in which we, as human beings, are imbued with deep spirituality. What we do has an effect. We observe the laws governing this and recognise them as causality. This causality determines us. On the one hand, it creates space for our existence in a certain way, but on the other hand, it also causes a multitude of conditions.

We have realised that these conditions continue to apply. One cannot change one's existence.

The Earth rushes through the universe and is temporarily subject to certain forces. We humans are the same. We find ourselves where we are and are exposed to everything that conditions us.



## **Documentation**

There is a truth that has been rightly called that. We try to align ourselves with it. We determine the words that are appropriate for this. That is part of our task. As language designers, we use our own words to realise ourselves.

## **Impulse**

## **Concentration**

By the process of concentration, I primarily mean my consistent focus, because it allows me to gather my thoughts. Through this focus, I have gradually related the relevant things in my life to myself. I have limited their maximum number. I have selected about seven things for this purpose.

How do I go about this? My posture should be one that gives me stability. It has adjusted itself for me. I didn't do anything for it at first, but I left it as it already was. That brought me a little closer. What I am and what I gather about myself should fit together well.

Only something that happens of its own accord has the significance of something true. We do not wish to condone the manipulation of our own references in any way.

That is why we have averted the manipulation of things wherever we have been able to do so. As best we could, we have preserved what already exists.

We are talking about the preservation of existing things. It should be able to have an effect. To this end, what is must remain as it is. We call this the permanence of things and also mean that they continue to exist.

Something has already become true in my life because I know and adhere to the principles of preservation. That has meant a lot to me. I am doing something for myself because I can relate to what is already important to me.

## **Documentation**

During this life, we searched for a long time for a task for ourselves and found none. We thought about this. Then we reflected and established a foundation for ourselves that can preserve the good things we know in this existence. It is to be the starting point for our future life. It thus represents one of the stages of our life.

Establishing and maintaining this foundation of our own is important to us. We want to use it to ensure that something we need for ourselves flourishes.

## **Impulse**

Thoughts, like pieces of a puzzle, eventually form a clear picture of the matter at hand. We recreate this with our own hands.

### **Impulse**

Even though we humans have a similar physical structure, we still commit ourselves to the same things in different ways.

### **Impulse**

There is no authority that can be regarded as the sole authority. It is merely human self-centredness that has led us to consider ourselves supreme. This cannot be realised. Nor can it be used to bring out the best in people.

Where excesses are found, their corresponding effects can also be observed. Neglect and violence are their hallmarks. Nobody likes this, because everyone has to keep their own life in order. We are, of course, responsible for our own affairs.

Neither ownership of something nor personal experience entitles people to behave excessively.

### **Impulse**

In this life, one must be able to defend oneself. It should not be the case that, despite our own wealth, we have to obey every fly. We too have a duty to assert ourselves. Wherever we may be, we should be respected in this existence as human beings.

### **Thought**

By the term 'self-absorption', I mean the experience of harmony with my life and its preservation.

### **Documentation**

## **Something individual**

My aim here on the 'Hatha' wiki has been to document what I have stirred up in my existence while practising certain asanas and performing the pranayama technique. This has left some traces. At the same time, the world has changed.

The application of the corresponding exercises and the results of my meditation, which have become clear to me, have enriched my life so much at times that I would now like to say something about it. It is important to report here what these things mean to me. In doing so, I have become more and more withdrawn. I do not need to attend other people's parties. I feel more like working on my own activities.

In writing these texts, I look back on my life and evaluate what I have already experienced from today's perspective. In doing so, I gain an overview of my life.

Certainly, some of my thoughts today will be different from what they were in my youth. However, I have held on to the same points of reference throughout my life because they mean something to me. So now I am writing down my knowledge of them in the words of a man, but taking into account the same facts that have always been true for me. I am thus working through an important part of the associated experiences, as I myself can recognise and comprehend them. This collection of texts is intended to serve as an example of my journey as a human being. I am still on this journey today. My self-discovery continues. I continue to seek refuge in my inner space on a regular basis.

## **Documentation**

### **A small confession**

I am happy to profess my point of view to the right people. I perceive the essence of my affairs and remain patient in my dealings with my fellow human beings.

I have by no means studied the principles of yoga in order to be overcome by sensory illusions. For this reason, I have always avoided practising exercises that could be harmful to me. Nor have I practised as intensively as others have done. Instead, I have focused on my own frequencies and recognised that controlling the sequence of my actions is a possible path for me.

Long periods of rest restore my mental abilities when I don't feel like practising any exercises. There have been many opportunities for me to regenerate in my life.

In writing the 'Hatha' wiki, I would now like to shed some light on my youth, during which I was thoroughly fed up with yoga and its discipline. A lot has happened in my life since then. I have tried to restore the feeling of empowerment and strength from the ground up. To do this, I have taken unfavourable starting points and learned how to persevere there. That is no small feat.

I believe that my memories of my own life will equip me with potential. After all, I have experienced this once before. This fact alone is sufficient reason for me to write this work on yoga. There are also other reasons. I would like to report on my experiences with it. I consider myself an enlightened Christian.

In the linguistic preparation of my actual activities, I once again profess myself. By naming such thoughts and ideas as I have already carried within me, I build bridges to true knowledge. It will be one of my wishes to gain clarity about my existence.

I draw on my own thoughts to create something good, into which I like to incorporate stories from my life. I shape this with words chosen specifically for this purpose. The result is something that resembles a wicker basket made of woven strands. Such a basket is meant to be passed on.

I am now writing this content in my own way. I am doing the whole thing with a certain amount of pleasure.

## **Documentation**

### **Approaches**

For quite some time now, I have been collecting literature on the subject of yoga and the directly related subject of tantra. At first, I had no overview of what there was to discover. Every now and then, I picked up some of the books and studied what they had to say. Afterwards, I incorporated some of it into my everyday life. My existence has at times been greatly enriched by such books with esoteric content related to these topics.

This has increased the complexity of my thoughts. It has not always had a positive effect on me. Some things have even led to untenable ideas. So I have given up on some of them. My existence as a human being should not degenerate into a spectacle of gymnastic exercises. I do not want to drift into states of mental uncertainty. I prefer clarity in things. The triviality of my life path shows me that I am an ordinary person who simply has a few unusual hobbies. Stabilising myself should help me to ensure that my life leads to good moments.

It is the whole essence of creation that we as human beings have to experience. For this reason, I have not excluded a single aspect of it that has to do with life in this world.

### **Thought**

I am alone. As a human being, I do not only exist in the world. I also exist for myself. I attribute to the higher power that it continues to exist when I am alone. It is indifferent to whether I take my life into my own hands or not. I believe that human beings themselves must deduce the truth in the world.

What they find needs a basis. It must correspond to the current order and be confirmed.

Only when there is sufficient justification for a fact will it be able to apply. We have adhered to this logic.

## **Documentation**

### **Enjoying work**

The current state of affairs is as it has just turned out. We acknowledge that. I want to deal with it and improve something that defines me. I approach the good with a certain joy and realise myself in the process. I shape something from the things I have received from someone else for this purpose. Some of it retains a special value for me simply because I have achieved something that I like. I imply my own success in what I want to do whenever possible. I realise these implications through favourable word choice in my works. I write down the facts I present in a way that suits me.

### **Thought**

I pass some of my works on to other people. They receive from me what I really like. That's why it's important to me what they do with them.

### **Impulse**

I leave everything as it is. I make something true that conditions me. This puts my things in good shape. At most, I have freed myself from outdated idiosyncrasies that manifested themselves for no reason.

### **Impulse**

### **Preserving thoughts**

People should keep their possessions. They serve to protect them in times of need. When they are doing well, they have the opportunity to improve their possessions. They can manage them and gain something in the process.

### **Topic**

### **Aesthetics**

When I read the currently valid version of my writings, I learn how they affect me. I learn something in the process. Lesson by lesson, I discover something. I learn how I can tackle individual problems myself. In this way, I have also learned to break down tasks into their individual components and work on them one after the other. Each of these can be considered separately once I have become sufficiently familiar with them.

I apply the knowledge I have acquired by correcting these texts to other areas as well. This puts me in a better position. I learn to review my

methodology. Once I have sufficiently verified the whole thing, I am happy to stick with it. At the very least, this involves the correct use of the words I want to use.

I have found myself while reproducing what constitutes my existence. Reading my writings retrospectively has not harmed me either, but has had a significant effect on me, which has done me good.

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### **Documentation**

I take advantage of the opportunities that have presented themselves to me to orient myself towards my existence as a human being. My lifetime has led me to focus on the artistic process. In doing so, I have found myself talking about my work on many occasions. The words I have uttered have been statements that would not appeal to everyone. That is why I have expanded my task and set about finding the right words.

### **Thought**

The events of my youth and adolescence remained incomprehensible to me for a long time because I did not have an overview of them. Nevertheless, the events of my youth have remained significant to me, even in retrospect. The times of those early phases of my life led to great discord in my environment.

I did not make it easy for myself to recount my life story. My memories of it are very one-sided. I have to deal with that. To resolve this complex, I have made it my mission to broaden my view of things to include other possible perspectives that are also valid.

### **Thought**

I strive to maintain the good parts of my life. To this end, I have written down so many things that are important to me in order to preserve a useful state of affairs that reflects how I want to live my life.

Everything that has to do with me should be accurately reflected. What has meant something to me in the past has hardly been noticed by those around me.

What things say to me has always determined my happiness in life. Now I express my own thoughts on this in my works.

Basically, I bring the memories of it out of the depths of my memory. To do this, I also use the jargon of the language of my youth and retrace these paths. As I write down my texts, the corresponding thoughts come to me. I consider them to be true.

Fundamentally, I believe in the goodness of existence. I have already explored what that means for me personally. I look at what it tells me as a human being that I thought that way. One of the essential prerequisites for my happiness in life should be that I value my life.

## **Documentation**

### **The plot at your own frequencies**

In everyday life, I need to relate to my things. I like to think about what has happened. That gives me ideas.

I always make room for my inner impulses. That way, I can preserve them. This allows me to release something that I really enjoy.

My activities help me to find myself. In doing so, I try to create something that I will still be able to enjoy later on. Since I do this quite often, I have built up a whole collection of my work. It has been created over many years.

## **Documentation**

### **Preferences**

There are reasons why I prefer to name things. I want to be familiar with my life. I want to have certainty.

This way, I write down something that I can later hear and confirm.

In doing so, I feel my way towards the difficult elements of my life. I say something about it.

In doing so, I fulfil my lessons.

Some true thoughts come to me over time.

## **Documentation**

### **An essential question**

I want to name in my writings what has played a part in my life. To do this, I put the verbs in the correct tense.

I have made many mistakes in this regard. But I know that this type of error has a massive impact on my well-being. That is why I correct these sentences with the wrong tense so thoroughly.

In the next step, I put the words into the right context with the events. I write down what happens. It is important to use passive or active verbs so that my writing is easily understood.

## **Idea**

### **There is something to be said for mistakes**

Someone who works a lot makes more mistakes than someone who works less, given the same conditions.

One of my ideas is that the mistakes in my writing point to my actual weaknesses. For this reason, I look closely at these mistakes.

### **Impulse**

When we keep our bodies still, we experience our own untamed forces.  
That's when we stopped moving. It takes a little time, then something unfolds within us.  
We put down roots and develop the ability to flap our wings.  
These metaphorical circumstances define our existence as human beings.

### **Documentary**

## **No small story**

There is a path from 'difficult' to 'easy'. It has suited us well to express our thoughts clearly and audibly.  
I have been doing this work for many years. In the 'Baukasten' file, I describe how my development is progressing. You can find reflections of this in my exhibition in the 'Setzkasten'.

### **Memory**

## **Enigmatic**

A shot whizzes past me and hits a stone. A piece breaks off the stone.  
A piece of the broken stone falls down.  
Some people talk about this situation in a strange way. I would have nothing to do with that.  
Everyone is the pacemaker for their own affairs.

### **Aphorism**

## **A reflection**

Difficulties – strange that life ever managed without them.  
I can hardly believe what life has given me. I never dreamed that what has now come true would happen. I did not foresee it.  
What has shaped my life and brought about my existence has come about unexpectedly. I am struggling to come to terms with it.



## Documentation

### A starting point

Lately, I have hardly read any books that seemed difficult for me to understand. I want to apply what I have already learned. That is why I put these books aside as soon as possible so that I can put what I have learned into practice.

Currently, I am looking at what being human means to me. I name the good thoughts I have. I incorporate some of them into my own writings.

I have found something valuable. That is the core of my things.

I decide for myself what I want to write about it. I recognise myself in the process.

Meanwhile, I continue on my path. I do so in an unabridged manner. Something that I already liked very much becomes true in the process.

## Documentation

### My path

Here I try to put into words some of the good things I have already realised on my path through life so far. I describe this in detail and then try to evaluate the writings to determine what they mean to me. I can only perceive this on my own, as it has just occurred to me. So I am now conducting a 'free writing session' on this topic and creating my 'thought log'. In doing so, I am gaining a certain insight into myself. This allows me to create my essence and process my own knowledge about it.

I have already recalled and revived some of the good things from my previous existence in this way. My access to these memories is mainly linguistic in nature. I remember the words first. I prepare some things for myself while I am writing. Thanks to the correction of any errors and inaccuracies, my mnemonic power improves. This allows me to penetrate the veil in space and access earlier memories of my existence. One of my particular strengths is remembering my own thoughts from times gone by. For me, this is the deepest depth I can currently reach. In this way, I have set something in motion for myself that would not be wrong or even misguided for an experience in my life.

In the past, I rehearsed many things that I like to fall back on today. It should also be one of the conditions of my existence that I am aware of this. Of course, I have made it so. What a person has been and done should become a meaning for their existence in the course of their life. For me, too, it would be no different.

A reference point for my self-awareness is my ability to perceive the resonance of the materials and structures around me. At the boundary between myself and my environment, they appear clearly audible to me. This allows me to recognise something that has an effect there. So I follow my path accordingly.

In order to maintain what already exists, I occasionally express what defines me in words. I correspond to the matter at hand. This is intended to be a declaration of intent. I express it whenever a favourable opportunity arises. This allows me to realise myself accordingly. I consider it a good thing that I follow my path and pursue my own goals in a useful way. The world is benign. I recognise its nature. I also want to be someone who exists in it. So my things should come to fruition.

## Idea

## Preservation and probation

Step by step, it is important to achieve consistency on your own path. That is how you learn something. It can be something simple that you accomplish. No one needs to learn a trick. As humans, we are neither actors nor artists.

Being human is not a vocation, but a requirement of life. Let us fulfil that requirement. We do what is actually required of us. That is how we should exist. It should be conceivable to know your path and to know how to follow it in an easy way.

Yoga should also be understood as something that supports us in our way of life. That is why it is so important to recognise and follow its rules. That will be the first step in that direction. No compromises should be made. Nor should we submit to actual ignorance. We should not ignore or undermine what is given.

But what is given in a person's life? Everything that we can experience in our personal environment is part of our existence. I also include all direct and indirect contact with other people in this, and thus make myself aware of what constitutes my existence at this moment. Those moments when I am alone should help me to deal with my existence in a better way. To this end, I retreat into seclusion. I maintain my attitude towards life and try to prove myself in the fulfilment of my obligations. It is not only important whether I welcome them or not. I must also demonstrate the necessary willingness to do so.

My rank would clearly not be higher than that of my fellow human beings. In this way, I come to maintain a nature that is compatible with other people. After that, the process of self-determination begins for me. Whether I will be able to realise myself on my path remains to be seen. It would not be of primary importance to know this already. Other people also try to achieve something like this. For this to happen, there must be a certain parity among people. The weight of one person should not be valued differently from the weight of another. Every person should be of equal value to us. In this way, we gain access to one without blocking access to another.

Let us simply explore who is the most valuable and important person in our personal environment. Next, let us remember the person we considered to be of the least value. What distinguishes these two? In this way, we should learn to preserve what is important to us.

Can we manage without such an assessment of the situation? Assessments have been judgements. Judgements, however, conclude that questionable process of examination which has sometimes caused us so much trouble in life. Let us simply learn to apply the principles for assessing something correctly. In this way, we can easily retain a certain right to decide something for ourselves.

## Documentation

### The beginning of a journey

A successful artist is someone who does something, who has something and who has made a difference with it.

What the people around us need most of all is the impetus for healing. The artist has looked within himself and reviewed his work. How can he satisfy this need? Which of his works is sufficient for this purpose?

One should not set the bar too low when one wants to get something off the ground. One makes oneself look ridiculous if one does not set oneself a reasonable goal and is too lax in other respects. That is why Schneider recognises that the works required in this way must be created.

What we do should have a healing effect. It should stimulate leisure, indeed, an experience of beautiful moments should take place and spontaneously motivate people to come together. They will soon feel better.

When writing his texts, Schneider draws on the language of a German translation of the Mahabharata, an Indian epic. For him, it is the most beautiful book. He wants his painting to be child-friendly. To this end, he gradually refines his motor skills and thus achieves clarity in the design of his works. His music already shows a certain simplicity. This suits him because the circumstances surrounding its creation were also like this.

The author Schneider has woven the three strands of his artistic work into a cord and presents them to you as a whole. Certainly, the works can be found individually and stand alone. But those who have already got to know him are aware of the power of his creations. He has kept much of this for himself and knows how to refer to it in everyday life. However, these things must be found and understood by you yourself before you can enjoy them.

People may be inclined towards a spiritual experience if it has resonated with them.

Schneider is less concerned with creating something pleasing. Rather, he wants to use his way of designing such things to make his own existence understandable. All his works strive to simplify the ordinary and are intended to beautify people's lives.

He has arranged it so that people can access them whenever they want. There is no need to limit what has already been reproduced. He is interested in distributing his products so that people can become accustomed to what makes them special.

As an artist, he has high hopes for future generations. Their tastes can only be guessed at today. But an increasingly complicated

The situation in people's lives as it exists today urgently leads to an increased need for something simple, as he believes.

So Schneider continues on his path and does ordinary things. What he has already explained should make it easier to access this.

# Thoughts on speech formation

## Documentation

### Meaning of words

I consider it a good opportunity to write a text when I can give an example of something that has seemed like a mystery of life to us, with a story or something similar. Such things usually also involve something of the art of divination. For this, it is enough for me to have determined what exists with the help of speech formation. Everything else should follow from the words themselves. Certain images appear before our mind's eye and can be recognised by us. The fact that such a thing is possible has sometimes benefited my work as a speech designer.

## Speech formation

### Harmonious series

Based on the approach that we humans can stand up because everything about us goes along with us, we get up and look for a good path for ourselves in life. We carry with us everything we need to survive. Even if our hands are sometimes filled with all kinds of objects, we usually put them down again soon. Then we appear free again from what had previously weighed us down so heavily. As a result, we are able to work again.

It would be possible to understand what life has given us. We regard the tasks we have to perform every day as a necessity that we welcome. We have taken certain objects into our hands and used them to do our daily work. In doing so, we sometimes create our own works. What these works have achieved should be adequately determined by us afterwards. This makes us aware of what we can achieve. They should find acceptance among our fellow human beings. We, too, can succeed at something.

So we have moved forward one step at a time and found our place. We have gained an understanding of who we are and what it means to be who we are. We know our name and our origins well. Both are certain. It should be true that we can refer to what our yoke is in life. That is what we have done. Being equipped with something good in this way has brought us good fortune. We have attained our rank among our fellow human beings and learned something about what constitutes a good life.

## Documentation

### Campfire stories

At times, I have felt the desire to tell my fellow human beings something about my life when the occasion arises. I do this as soon as something has sprung to mind that is appropriate to the situation. Then I gather my thoughts and happily recount my stories. I don't necessarily have anything particularly significant to share, but some beautiful moments have come true in this way.

Sometimes I have longed for the good moments of my youth. Back then, I often sat around the campfire for hours, watching the flames dance and the shadows they cast. The flames licked at the wood and sent sparks flying. I remember it well to this day.

What happened back then changed my life significantly. Those times clearly and strongly shaped my outlook on life.

## Documentation

### A reality

Basically, I would be a painter. But for years, language design has been the profession I have been most involved with. I am currently in the process of naming the things in my life in my wikis in a good and proper way. In doing so, I have mostly used ordinary words to describe what makes up my life. What else can I tell you?

I discuss what I know in simple language wherever possible. This has allowed me to maintain my approach to organising my affairs. I have placed great importance on the trivial presentation of my thoughts and ideas. Everything I have written is intended to help me reproduce my inner images in a clear manner. That is what I would like to do.

I then have to reread my texts. Once their form is sufficient for my purposes, they have stabilised my situation. This has triggered many memories of earlier times in my life. I see what I have created as a miniature. I have found the perfect framework for it in my wikis. In it, I have captured my inner images.

Since I have created my writings according to a uniform pattern, some of the better texts from my pen already serve as examples of how I would like to continue writing. I want to complete my work. I am preparing for this. I read what I have already written to get myself in the mood for events related to my cause.

I intend to improve the texts over time. I am now eliminating all the inaccuracies that still remain in them, one type of error at a time. I have also reduced the variety of my own references. To this end, I have standardised my things. Some of this has become clear. In addition, I have only recognised ordinary things that seemed normal to me. The goal is

to simplify the things described here. I will continue on this path.

## **Documentation**

### **Proportion of introspection**

I did not write my texts without reason. I enjoyed using them for my own readings. I also succeeded in adopting certain attitudes while working on my work. I appreciated that.

In my work, I took into account the order that was familiar to me. I also addressed it from time to time. Now I look at the things that are familiar to me. In doing so, I search for my roots in order to determine the truth of my life.

The coexistence of the elements of truth has been confirmed. All of this has remained valid because it continues to exist. I have learned something in the process. The order of my own imagination has simplified what is given.

## **Documentation**

### **A brief reflection**

My texts have sometimes seemed rather dry to me. These writings would certainly not be easy for a stranger to understand.

What I have written down is intended to provide guidance for people. I strive to write in a simple and accessible manner. However, I have not always succeeded in doing so.

I regularly reread my own texts. In doing so, I have found some inspiration. I have experienced certain moods.

Some of what I have read I have also had to untangle and resolve because it was poor. I then corrected it to the best of my knowledge and belief.

## **Documentation**

### **Working with joy**

When creating my 'building block' file, I assume that I have to maintain my own form in order to get into good shape. I want to improve my own situation and therefore ensure the quality of my writing as soon as possible. The appropriate text examples should help me with this.

In my work, I have dealt with the good, the true and the right, which I already know. I have done this deliberately. In doing so, I hoped to achieve useful results.

I attribute the improvement in my living conditions that has occurred in the meantime to my work. That, too, is work. Some good things have come of it.  
In my writings, I connect some of the things that are important to me.

## **Documentation**

### **The texts**

Based on the actual situation of my life, I have decided that I want to acknowledge the paths I have found for myself in this existence. But first, I must limit myself to the essentials in order to find my way. There are many things that condition me.

I want to feel my own cause from the ground up. I want to understand what moves me in life.

I have already given this some thought. I have written some of it down. Some of what I have reproduced has been very simple. Nevertheless, I assume that I have done the right thing. As the writer of my texts, I have always assumed that my assumptions are valid. However, I have subsequently discarded much of what I found in the process. The essence of my writings should only be valid if the texts are also easy to understand. I am sometimes still a long way from achieving this.

## **Documentation**

### **The framework**

The esoteric topics that Schneider read about in books throughout his life did not always form a coherent picture for him. He misunderstood some of it. Some of it was not immediately clear to him. The collection of books he acquired for self-study turned out to be very extensive.

Most recently, he has been studying Daoist literature from China in depth. However, even what he has understood correctly has not been enough to secure his own world view.

He is now in the process of writing his own books. Based on the actual records of his thoughts and ideas from his own pen, he has developed his own form of language, as we know it from him.

Whenever possible, he has expanded his texts with additions that have completed his writings. He always incorporates possible additions into these writings. He has understood the whole as a network of fibres that serve as connecting points.



## The Matrix

In life, I assume that everything that exists can be clarified on the basis of existing and known characteristics. The assets known to us thrive as soon as we have grasped their interrelationships. They should be named in a trivial manner by one person. Their basic form should suffice for this purpose. In doing so, texts that have no actual content but merely claim to be special investigations of a situation without knowing it will certainly have to be rejected. The words of a text must be balanced within the entire work so that none of them appear dominant. The true content of the text should be clearly evident, stating what it means to have named and classified a situation.

This allows one to speak about the given and keep an eye on the outlook. This will be achievable. The resulting success stems from the clarity of what has been said. One has heard something. It has faded away. However, one's own contribution to this has been well remembered. This is where people obtain their results and can secure them. A person's memory corresponds to what they have been able to input into it and assign to the whole of a mental association. There they can discuss and test it.

To train our memory, we define clear characteristics of what we want to remember. For them, there is the certainty of the legitimacy of their expression. Names, locations and times should be what we are prepared to recognise as primary facts. Everything else is based on the grid of those things that come about for such a reason.

In contrast, human actions have appeared to us to be both variable and motivated. We can attribute a certain thing to a person or deny it to them. However, it will be almost impossible to accept action as the basis for knowledge without becoming entangled in its processes in some way. Then one will probably lose sight of the matter.

Chaos is the agent of change. In contrast, clear and unambiguous facts have endured and are inscribed in an order. The one without the other has not existed, but it has been easy to expand something fixed with things that are in flux. That is why I have favoured this. Then my memory has also become one that corresponds to this. The recognisability of events that seem relevant to me often comes into play in my existence.

Memories occur to me and remain readily accessible without requiring any effort on my part.

## **Impulse**

### **From the art of divination**

Name what is given. Let the word take effect. That is how you will receive yours. Some good things become true in this way. They have come to pass as they are. That is how they take effect.

Everything that a person possesses has an intrinsic value that affects their existence.

People should be free from coercion. This is how one has been given freedom of choice in life. Everyone can decide what they want to do. But this also means that they should be able to decide what they are not prepared to do. Suddenly, their actions appear in a clear light. A pattern has emerged. A sequence of events determines the structure of things. In the beginning, there are only possibilities, opportunities and spheres. It was actually nothing, but it has its own potential. At first, not much came of it.

Something should be connected with it. We make use of these moments and locations by putting something into them. To do this, we have something of our own that has resulted from our existence as human beings up to now. We can remember what means something to us.

We can perceive some things. We are committed to ensuring that something good comes of it. We have received something like this. Ultimately, we achieve certain results with it because we have learned to act properly.

Since the human spirit also needs a foundation, our best lesson will be to acknowledge something that has been given to us as it has been.

Let us use our insights for our own benefit. We have already acquired such gifts. They already belong to us.

## **Impulse**

### **Preventing mere application**

In writing my book on yoga, I am endeavouring to shake up my readers a little. An alert mind perceives things more clearly than a dreaming one. A person's fate is paramount when it comes to our happiness in life. No good state exists for us as long as we devote ourselves to any activity. Without accepting existence as it is, as conditional, we cannot have any orientation as to which path has been right for us. Only that which we can determine for ourselves can appear to us as something true.

In carrying out my thoughts, I follow some existing postulates. Of course, I act in accordance with these considerations.

I believe that there has never been such a thing as a bad word. What must exist, on the other hand, is something wrong that has been done with words. Everything can appear in its true colour. The clothes of nature have always been colourful. We humans, too, have always been more colourful than we can imagine.

Let us not exhaust our minds with the dreariness of futility. Let us simply view what is given to us as something that rightly exists.

### A search for meaning

To disregard someone is an affront.

Before we can accomplish something, we must first consider what it is supposed to be used for. We will probably be able to meet the relevant requirements soon because we know what they are. This should release some positive values in us. So we approach something that is given and examine it. Ideally, we will make the right observations. We then choose a task that we consider to be the most urgent for the matter at hand. This may also mean that there is nothing to be done.

That is why I have taken a look at my 'Baukasten' file and checked the texts it contains for consistency. I know that they can still be improved.

My collections of texts have been created by me as individual wikis with their own thematic focuses. As they exist today, some of them are still rough drafts. They represent the preliminary stages of a literary processing of my thoughts and ideas. I am still searching for suitable content that I would like to name and highlight. I have always asked myself how my texts can convey this in a simple and easy way. I think carefully about what I really want to write down. Over time, I have produced a number of pieces that meet my own standards. The only texts that have been easy to read are those that do not contain any fundamental errors in terms of content and structure. In order to check how well my respective writings have turned out, I would like to read them thoroughly. It is good that the individual text passages stand on their own.

The respective 'cells' of the wikis form separate units within the whole. What I have written is based on simple fundamental ideas. With a little faith in God, I set to work and achieved what remains today. While writing, I drew conclusions from what I knew to what could be directly attributed to it, and was thus able to expand my writings appropriately. In doing so, I have integrated every word here that can be rightly used for this purpose. This situation was like a test. Thanks to it, I have been able to expand and clarify my vocabulary. So I learned a lot while writing this literature. I also enjoyed reading it. This has given me a certain satisfaction.

We want to be able to understand the language of the people around us and what is being said with their help. This is a prerequisite for our participation in the community. We have understood this. We have thus been given the motivation to do something good with it.

## **Impulse**

### **Preparation of the learning material**

No one will be able to take everything in at once. That is why I am saying it here in clear and distinct words. The richness of life and its many aspects can only be grasped little by little, in small bites. Just as we divide our food into bite-sized portions when we eat, our thoughts and ideas also have their own proper measure. Only those who are able to break them down into individual bites can swallow them. Only they will be able to nourish themselves from them.

## **Documentation**

### **A base station**

I design my own things on the internet. My card index box is my field for this. For me, it represents a real frame of reference that belongs to me. I already assume this when I work. I have now set up a whole collection there, which can be accessed via the internet. You can find my pages there and engage with their content. Meanwhile, I can continue to work on them.

I try to condition myself through my creative work. My creations should eventually satisfy a certain audience that has shown interest in them.

In the meantime, something has emerged that resembles a matrix of words. It can sometimes be understood as an empty matrix; that was its original basic form. I have illustrated my work in such a way that its form appears without the special character of being enriched with independent values. Thus, I record my work in its own basic form. This in no way hinders my efforts to pursue my cause.

Gradually, I am acquiring the tools to clarify, with the help of my own writings, the context of what has made my things what they appear to be today.

## **Documentation**

### **A few words about the 'Baukasten' card index**

I have produced my writings in the simplest way possible. I look at something that has been given to me and then consider whether I would like to say something about it.

The texts in my file give me access to my own thoughts and ideas. In this way, they reflect my essence.

I want to achieve a good standard in how I present my thoughts and ideas. That is why I have checked their form. In doing so, I have ensured that what I have said is applicable.

## Documentation

### My target audience

My actual goal would be to write down my sentences in such a way that, word for word, they convey something that has consistency and constancy. To this end, I set out and wrote something of my own. My work is accessible to a few people. What I have written about yoga on this wiki is intended to be a showcase of my intellectual spectrum.

So I decided that I wanted to tell you something about it and show you what I learned when I first started practising yoga. My search for the true nature of human beings has made me feel at home on this path.

A text such as this wiki is intended to serve as a reflection of my inner vision and to show readers the characteristics of it as I am aware of them. In this way, I am attempting to give you access to my own experience.

The texts in the 'Baukasten' file should be viewed as a coherent collection of my own writings. That is where I want to arrive through my work.

What did I have in mind when I was working on the 'Baukasten'? – Well, I made use of many of the good things that were accessible to me in the process. Basically, after many years of reading books, I began to evaluate the insights I had gained. I did not limit myself in doing so. Instead, I tried to find the starting point from which everything originated. My commitment to the trivial representation of the things in my life has led me down this path.

## Thought

### Motivation for speech formation

Linguistic peculiarities arise in the course of human language education. Such structures are audible. You can hear them in people's words.

People orient themselves by what is said. They use words.

Once their pronunciation is of a certain quality, there is a good chance that their circumstances will improve. This makes it possible for people to shape their own reality. They can prepare it themselves.

We often do what we have considered, and rightly so. We usually have a good reason for this. Sometimes we know what it is, but sometimes we have not yet recognised it. That is why we let our thoughts happen. We have not interfered with them. Instead, we have protected them.

We imagined something from it. We experienced what images came to mind. We want to refer to this in our everyday lives. We have also preserved what belongs to us.

We have a certain urge. We want to know that our things are in good condition. To this end, we move something that is already there into a different position and make it our own by creating something new.

We have had many discussions. This can be done to clarify the importance of certain aspects of our lives. Our goal is to do something for ourselves that secures our existence. There are certain conditions for this. We have explored them and learned our lessons. This should make something come true for us. We have worked hard to make this happen. Over time, we have become accustomed to the perception of real things. We have talked about what these things are. This is how we have educated ourselves. In doing so, we have gained something for ourselves. Such happiness has already profoundly influenced us. We have thought about our situation. We respond to certain people. Otherwise, we continue on our path and pursue our self-preservation.

## **Documentation**

### **Following a pattern**

When writing his own texts, Mathias Schneider finds that he first has to find the right words before they do him justice. He creates examples of his own design with his writings. He has used the results as a guide.

He has already written down a great deal. Some of it he has had to revise afterwards. He is actually familiar with the English language, but he has also forgotten some of it. He cannot say why this is the case. He does not know. However, he has made it his mission to get back into shape.

## **Impulse**

### **Honesty**

Affirmation is, in form, a magic spell that makes something true possible.

## **Impulse**

### **The equivalence of vowels**

Since I did not yet know any applicable rules for how to pronounce the words we utter correctly, I came up with something of my own. I willingly and gladly adhere to the principle of vowel equivalence. I pronounce them with equal length in terms of time. I also articulate them with equal clarity.

True to the construction of words with their usual behaviour, I form the consonants around the vowels and thus add my pronunciation.

Each word has its own colouring, thanks to which I am able to hear something that has a clear value. I have found this to be beneficial.

The clearer and more lively our pronunciation is, the more we benefit from speaking. It was not just that people understood us. We also gained something for ourselves. What we made sound also enlightened us.

Everything has its own internal structure, and that is how we perceive it. The parts of it have their own size and therefore also a corresponding proportion. We preserve them. That is how something becomes true for us.

We can find some simple approaches to this in order to be properly understood by our fellow human beings. I discovered this thanks to an assumption of the given. I usually try to do justice to the equivalence of the vowels when pronouncing words. As a result, their sound has become the mediator of what is said.